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PHYSICAL DRILL,
FOR
PUBLIC SCHOOLS,
IN FOUR PARTS,
WITH ILLUSTRATIONS.

PART I.—FOOT DRILL. | PART II.—ARENA DRILL.
PART III.—CALISTHENICS.
PART IV.—PHYSICAL EXERCISES WITH WANDS AND
DUMB-BELLS.

*Systematised and progressively arranged in Eight Grades to suit
all Classes.*

BY SERGEANT-MAJOR D. BAILEY,
Military Gymnastic Instructor.

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P R E F A C E.

ALMOST every great writer on education has given much prominence to the importance of physical culture, both as a thing desirable in itself, and as a means leading to an end—that end being greater possibilities in intellectual and moral development. Judging by estimates of examiners, even our youngest teachers can discourse eloquently on both headings of the text—"A Sound Mind in a Sound Body;" yet in practice the second heading is very generally ignored even by those who are considered our ablest teachers.

Proper care for the bodies of their pupils is most shamefully neglected by most instructors. The *harmonious development* of the physical powers is seldom thought of. Too often the present or future health of the child is sacrificed for the sake of a display of mental ability, that may, for the time being, increase the reputation of the teacher or gratify the vanity of the short-sighted parent.

Although but a *part* of the responsibility for the "sound body" rests with the teacher, yet so much of the future happiness and success of the pupil's life depends on *that part*, that he who even thoughtlessly neglects it cannot be held guiltless.

School calisthenics cannot take the place of or be considered as important as those absorbing out-of-door games so in harmony with child nature in the development which they secure, yet calisthenics is an important auxiliary to such agencies as ventilation, light, frequent and judicious changes of study and position, etc., in preserving the highest educational vigour in the class-room. All the voluntary muscles are so connected with the brain that its health and growth are very much increased by their systematic exercise.

In 1885 the following resolution was passed at the Provincial Educational Association :— *Whereas*, in many of our schools the evils of a lack of physical training are becoming apparent :

" *Resolved*,—That this Association, having learned with satisfaction that the Provincial Medical Society has moved in the matter of giving better physical education to our youth, and having read the essay on the subject by Dr. Stewart of Pictou, shall hereby appoint a Committee to consult with and co-operate with the Medical Society as to how and when to memorialise the Legislature to encourage physical education in this province."

PREFACE.

From various causes, the committee appointed failed to accomplish much. Attention was, however, called to the subject, and our educationists became interested in the progress of physical education in other countries.

A number of our own teachers took the matter up, and at their public examinations gave very creditable exhibitions of wand and dumb-bell exercises.

The School Commissioners of Halifax also began to press the subject on my attention, and on the 2nd of February, 1888, passed the following resolution :—

- (a.) "That a Manual of Physical Education or Drill, suitable to the grades taught in the city schools, be selected or prepared by the Supervisor and submitted to the Board for use in the schools.
- (b.) That an instructor be employed by the Board to instruct the teachers in the employment of the Board.
- (c.) That the system of physical exercises be introduced into the schools, and daily exercises in the same followed on and after the first day of May next."

The Secretary of the School Board, R. J. Wilson, Esq., and the Supervisor, were appointed a committee to carry out the resolution of the Board.

They engaged Sergeant-Major Bailey to prepare a series of exercises suited to the ages of the pupils, calculated to develop the various parts of the body in due proportion, and adapted to schools not having halls for gymnastics.

While the teachers were receiving instruction in the course thus prepared, criticisms on it were invited from all parties interested, and frequent changes were made. Having been thoroughly tested in the experience of so many fairly well qualified judges, and having been subsequently revised with much care, it is now believed to be better adapted to the use of our schools than any other system of calisthenics yet published. Special exercises for all the larger voluntary muscles of the body are combined with as much grace of movement as can be secured in the ordinary schoolroom.

I beg to call the attention of teachers to this small volume, believing it to be worthy of a place on every teacher's desk.

A. M'KAY, *Supervisor of City Schools.*

HALIFAX, 10th Sept., 1889.

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PHYSICAL DRILL.

PART I.

CLASS DRILL.

The following movements of drill may be done in any large room or open space, such as the playground, where a large number of pupils can receive instruction at the same time. The drill may be taken up at any moment, and any part selected by the instructor. Short and frequent drills are preferable to long lessons, which exhaust the attention both of the instructor and pupils. To acquire precision and uniformity of movement, every command must be distinctly pronounced and sufficiently loud to be heard by all concerned, and in accordance with the movement (either *Quick* or *Slow*).

WORDS OF
COMMAND.

Class Fall In.

1. **Formation of the Class.**—The pupils will place themselves in front of the instructor according to their height, beside each other in one rank, so near as to slightly touch each other, the tallest students on the right, the shortest on the left.

Attention.

2. **Position of the Pupils at Attention.**—The shoulders and body must be square to the front; the heels in line and closed; the toes turned out to form an angle of forty-five degrees; the body straight, braced up, and inclining forward, so that the weight of it may bear principally on the fore-part of the feet; the head erect, but not thrown back; the chin

slightly drawn in; arms close to the sides; points of the shoulders and hips pressed back; the chest well advanced.

Right Dress,
or
Left Dress,
or
By the Centre—
Dress.

3. Dressing the Ranks.—To dress the ranks is to have the pupils place themselves in a perfectly straight line. There are three points to dress by—viz., the right, left, and centre. On the command, *By the Right, Left, or Centre—Dress*, every eye should be turned in that direction according to the word of command; the head should be slightly turned, but not pushed forward; the body erect; shoulders square to the front.

Eyes—Front.

On the command, *Eyes—Front*, the head and eyes will be turned direct to the front.

From the Right—
Number.

4. Numbering Off the Class.—The class will number off by sections (of fours), commencing at the right—one, two, three, four; one, two, three, four, and so on. (Plate I.)

Sections—
Prove.

To prove the numbering correct, on the command, *Sections—Prove*, One and Four of each section will extend his right arm to the front on a line with the shoulder; the instructor will see at once if the numbering is correct.

As you Were.

The pupils will lower the arm to the side.

Right—Turn.

5. Turnings.—Draw the right foot back about three inches, then raise the toes and turn on the heels to the right; keep the body steady, arms close to the sides. (Plate II.)

Left—Turn.

Advance the right foot about three inches, then raise the toes and turn on the heels to the left.

Right About—
Turn.

Draw the right foot back about six inches, then raise the toes and turn on the heels to the right about, then place the right foot by the left.

*Left About—
Turn.*

Advance the right foot about six inches, then raise the toes and turn on the heels to the left about. Bring the right heel to left.

N.B.—In going through the turnings, the left heel must never quit the ground—the pupil must turn upon it as on a pivot. Except when marching, pupils will mark time and turn around in three paces, and wait until the word *Forward* or *Halt* is given.

Stand at Ease.

3. Each pupil will bring his hands in front; the right grasp the left, backs of the hands to the front; at the same time draw the right foot back about six inches, and bend the left knee.

If the pupils have the wand at the shoulder, or dumb-bells in their hands, they will cross their hands, one wrist resting upon the other.

It will be necessary to allow the pupils to rest at intervals, so as to relax the tension of the muscles. They should then stand at ease.

*Slow—Mark
Time, or
Quick—Mark
Time.*

7. **Marking Time.**—The pupils will raise the feet alternately about three inches by bending the knee, commencing with the left foot. Keep the body perfectly steady.

When marching, on the command, *Mark Time*, the foot then advancing will complete its pace, after which the mark time will be taken up, without advancing, in the same time as the march.

The slow mark time should be practised first. At all times the pupils will mark time on the spot where they are standing when the word of command is given.

*Slow—March,
or
Quick—March.*

8. **Marching.**—In marching, always step off with the left foot. The pupils must maintain the position of the head and body as directed in Paragraph 2; both knees must be kept straight, except while the leg is being carried quickly

from the rear to the front. When the foot comes to the front, always depress the toe as much as possible; allow the foot to remain in front until the weight of the body is brought directly forward, without rolling to the right or left.

The slow march should be practised first, great care being taken to secure a steady forward movement of the body. The great secret in this is simply to keep at all times the weight of the body upon the forepart of the feet, then the foot will propel the body directly forward. If the weight of the body is on the heels, by a quick, impulsive movement it must roll from one leg to the other.

*On the Heels,
Slow—March.*

Marching on the Heels.—The slow march should be practised by raising the toes as high as possible and marching on the heels.

*On the Toes,
Slow—March.*

Marching on the Toes.—Raise the heels as high as possible, keep the legs straight, the knees well braced back, and march on the toes.

N.B.—These are most excellent exercises for the legs and feet, and should frequently be practised.

The instructor must bear in mind that the three most important points in marching are:—First, *time*; second, *uniformity in the length of the pace or step*; third, *direction*. As regards the first, it will be found that there is invariably a tendency to quicken the pace. If a class is marching in slow time, seventy-five paces should be taken in a minute; in quick time, one hundred and sixteen paces in a minute. Care should be taken to observe this time as nearly as possible. The length of the pace must be regulated according to the size of the pupils. If the foot be extended too far to the front, it will cause the pupil to spring from one foot to the other. A full pace for adults is about thirty inches.

Halt.

When marching, on the command *Halt* the foot then advancing will complete its pace, and the other foot will be brought up to it. The

pupils should stand perfectly still. They should not be allowed to correct their distance or move in any way until ordered to do so.

*Right Close,
Quick—March.*

9. Side Step.—Each pupil will turn the head slightly to the right, and carry the right foot about ten inches direct to the right; instantly bring the left foot up to the right; continue until the command *Halt* is given; bring the feet together, and turn the head to the front.

*Left Close,
Quick—March.* left foot first.

Turn the head to the left, and step off with the

Care should be taken to see that the pupils on the flanks do not step away from the others, as they should neither crowd nor open out the ranks. The dressing should be maintained.

*Right
Wheel.*

10. Wheeling in Line.—The pupils being in line in front of the instructor, to change the direction to the right, on the command *Right Wheel, Quick—March*, the pupil on the right (called the pivot) will mark time, turning gradually with the class to the new front; the remainder will step off, the whole turning their eyes to the left (the wheeling flank), except the pupil on the left, who will look inwards, and step the usual pace, the other pupils regulating their length of pace according to their distance from the pivot. During the wheel, each pupil must touch lightly towards the pivot, keeping the shoulders square in line; crowding must be carefully avoided; each pupil must yield to any pressure that may come from the pivot, and resist all pressure coming from the outer flank. When the wheel is completed, the word of command, *Halt, Mark Time*, or *Forward*, should be given. (Plate III.) The class will wheel to the left in a similar manner. The pupils should thoroughly understand the difference between the pivot and the wheeling flank.

*Right or Left—
Turn.*

11. **File Marching.**—When one pupil marches immediately behind another, it is termed *File Marching*. Pupils must be ordered to turn either to the right or left, and to cover each other exactly. (Plate II.) On the command *Quick—March*, the whole of the class will step off together, and take sufficient distance from each other, so as to be able to touch the pupil next in front of them with the tips of the fingers without inclining the body forward. This distance should be kept as near as possible at all times when file marching. (Command, *Right Incline*). Each pupil will turn half-right and march in a diagonal direction; at the same time keep the distance and cover. (Plate VI.) On the command *Right—Turn*, each pupil will turn direct to the right and march straight to the front in line, so that when they turn into file they will have their proper distance. On the command *Leading File—Right Turn*, the leading file will turn direct to the right and march straight to the front. Each file will follow and turn at the same place in succession.

N.B.—If the class is marching in close order in line, and is turned into file without halting, the pupils will at once take their proper distance. To bring the class into line from file, on command, *Leading File—Mark Time, the remainder close up*. When they have closed up, *Right or Left Turn* will bring them into line.

*Half sections—
Right.*

12. **In Column of Half Sections.**—When in line, on the command *Half Sections—Right* (Plate IV.) (without any other word of command), Numbers One and Three of each section will mark time and turn to the right; at the same time Two and Four of each section will wheel to the right, by stepping to the front with the left foot, and to the right with the right foot; then close the heels.

Half Sections—Left. Numbers Two and Four will mark time and turn to the left ; at the same time One and Three will wheel up into line to the left.

Sections—Right. 13. In Column of Sections (Plate V.) Without any other word of command, Number One of each section will mark time and turn to the right. Two, Three, and Four will wheel to the right ; they will all look to the left, except Number Four, who will look to the right and keep in line. The movement should be complete if Number Four takes four full paces.

Sections—Left. Number Four of each section will mark time and turn to the left as Three, Two, and One wheel around. The pupils will all look to the right, except Number One, who will look to the left, keep in line, and take four full paces to complete the movement.

Right Incline. 14. The Incline or Diagonal March.—From the halt (command, *Half-Right—Turn*) the pupil will turn half-right. (*Right Incline—Quick March*). If the pupils are marching in any form whatever, on the command *Right Incline* (Plate VI.), they will at once turn half-right, and march in a diagonal direction to the right front, and keep in line. (Command, *Forward*.) The class will be in a line parallel to its original position. This movement should be done without losing the dressing.

Left Incline. The pupils will turn half-left, and march in a diagonal line to the left front in a similar manner as to the right.

Form Line to the Front.

15. When the class is marching in file, in column of half-sections, or column of sections, on the command *Form Line to the Front*, the party in front will go forward three paces after the word of command is given, then halt. If the right of the class is in front, the remainder will incline to the left, and come up in line in succession on the left. If the left of the class is in front, the remainder will incline to the right, and come up in line on the right.

*On the Move—
Form Line to the Front.*

To form line to the front on the move, *i.e.*, without halting the class (command, *On the Move—Form Line to the Front*), the party in front will continue at the same pace, the remainder will incline as before and double up to the front in line, then take up the march with the others.

*One Pace
Backwards—
March.*

16. **Stepping Backwards.**—Command — *One Pace Backwards—March.* The pupils will take a full pace direct to the rear with the left foot, followed by the right; at the same time keep the shoulders square to the front and body erect.

N.B.—The pupils when in line should frequently be practised in moving one or two paces backwards, also forward. The instructor should see that the pupils stand with the weight of the body well on the fore-part of the feet, so that they will not incline the body forward before moving the feet. The instructor should observe the same when the pupils step off in marching.

Change Feet.

17. If any of the pupils are stepping with a different foot, when marking time, they will beat twice in succession with one foot. When marching, if the left foot is in front, they will bring the right foot up to the left and quickly pass the left foot forward again, or *vice-versâ*. This may be done at any time by the whole class on the command *Change Feet*. Every one should be able to do this.

PLATE I.



PLATE II.

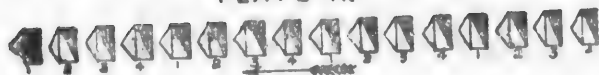
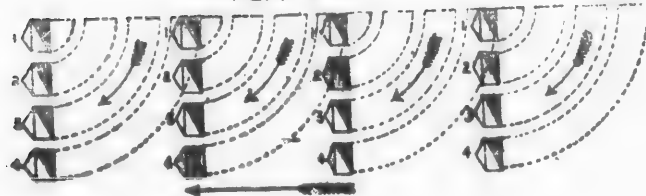


PLATE IV.



PLATE V.



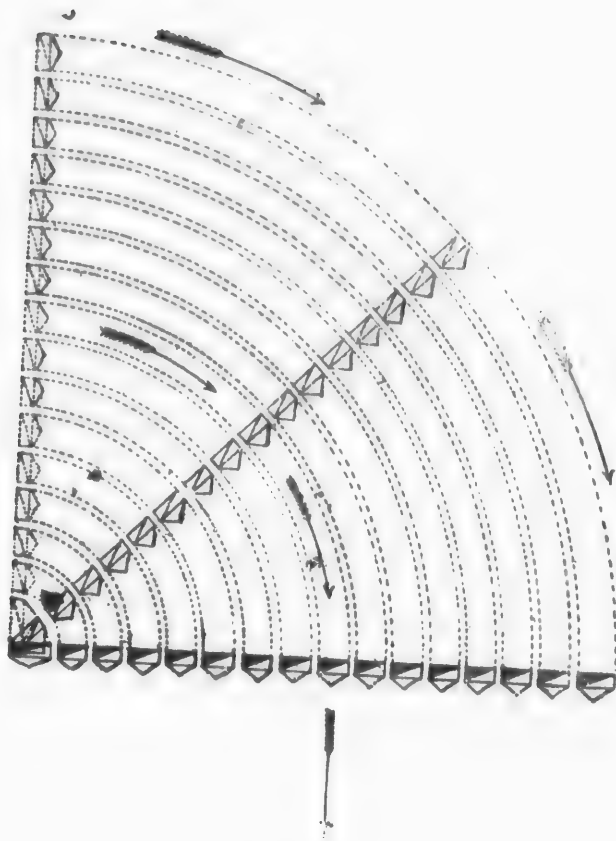


PLATE III.

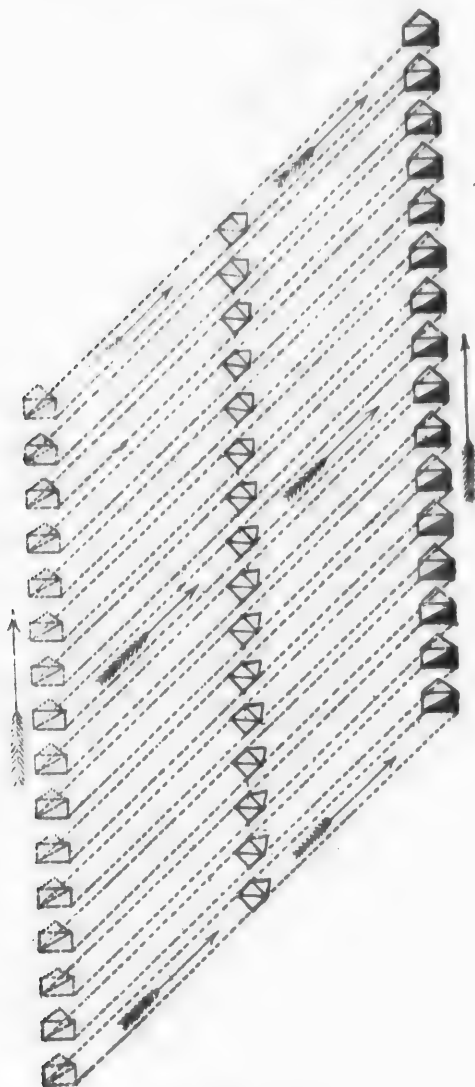


PLATE VI.

Double—March.

18. The pupils will step off together with the left foot ; at the same time raise the fore-arm on a line with the elbows and close the hands ; head up, mouth closed, shoulders square to the front. The pace for adults should not exceed six miles an hour

*Right Turn—
Dismiss.*

19. The pupils will all turn to the right. On the command *Dismiss* they will take a side pace of ten inches to the left with the left foot, followed by the right. If in two ranks, they will all turn to the right and take a side pace outwards, i.e., the front rank to the left and the rear rank to the right. *Disperse.*

*Form
Two Ranks.*

N.B.—In case there should not be sufficient room to drill the class in single rank, the whole of the foregoing movements may be done with the class in two ranks, one rank to be three paces behind the other. They will at all times retain this distance, so that they may wheel sections right or left without interfering with each other.

General Instructions.—When the pupils understand the foregoing movements of drill, and can perform them without explanation, they should not be done consecutively.

They should be practised irregularly by wheeling in line, marching in file, forming half-sections, sections, and re-forming into line ; marching diagonally and straight to the front in every direction. These movements may be done in slow time, quick time, or at the double. Great care should be taken to secure a steady forward movement of the body, and a free use of the legs when marching.

WORDS OF COMMAND IN PART I.

Class Fall in
 Attention.
 Right Dress.
 Eyes—*Front*.
 From the Right—*Number*.
 Sections—*Proce*.
 As You Were.
 Right—*Turn*.
 Left—*Turn*.
 Right about—*Turn*.
 Left about—*Turn*.
 Stand at—*Ease*.
 Attention.
 Slow—*Mark Time*.
 Halt.
 Quick—*Mark Time*.
 Halt.
 Slow—*March*.
 Halt.
 Quick—*March*.
 Halt.
 On the Heels, *Slow—March*.
 Halt.
 On the Toes, *Slow—March*.
 Halt.
 Right Close, *Quick—March*.
 Halt.
 Left Close, *Quick—March*.
 Halt.
 Right Wheel, *Quick—March*.
 Halt.

Left Wheel, *Quick—March*.
 Halt.
 Right—*Turn*.
 Quick—*March*.
 Mark Time in Front—*Close up*.
 Left—*Turn*.
 Halt.
 Half Sections—*Right*.
 Quick—*March*.
 Half Sections—*Left*.
 Halt.
 Sections—*Right*.
 Quick—*March*.
 Sections—*Left*.
 Halt.
 Right Incline.
 Quick—*March*.
 Forward.
 Halt.
 Right—*Turn*.
 Quick—*March*.
 Form Line to the Front.
 One Pace Backwards—*March*.
 Right about—*Turn*.
 Quick—*March*.
 Change Feet.
 Halt.
 Double—*March*.
 Halt.
 Right Turn—*Dismiss*.

The Turnings, Wheeling, and Inclining may be brought in at any time either from the Halt or when on the move, so that the class may be brought into the proper position to perform the next movement.

PLATE VII.

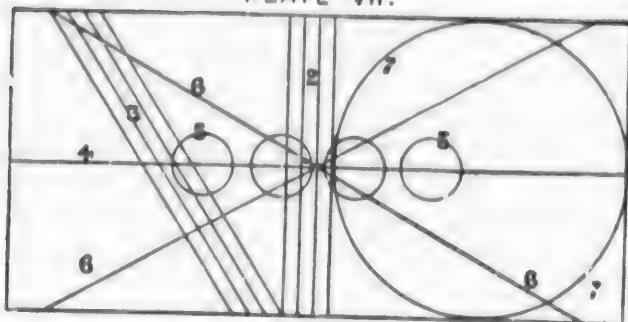
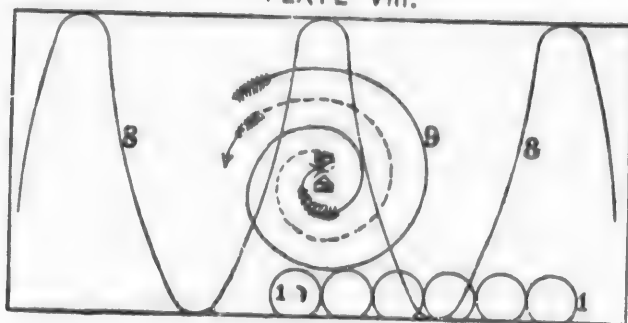


PLATE VIII.



PART II.

ARENA DRILL.

(PLATES VII. AND VIII.)

When the pupils have been thoroughly instructed in the drill in Part I., they may be put through the arena drill, which is more interesting, as it requires better judgment individually. When commenced, it should frequently be practised, until the movements are done accurately. Then it can be brought in, in conjunction with the other drill.

ARENA.

The arena should be a little more than twice as long as it is wide. The proper proportions of the arena are 65 feet long by 30 feet wide. It may be made larger or smaller according to circumstances. In a room it can be drawn out on the floor with chalk; in open space by placing stones at the corners, in the centre of each side, and in the centre of each end. (Plates VII. and VIII.)

The pupils for this drill should, if possible, be in complete sections—i.e., two, four, six, or eight sections. Thirty-two pupils are quite sufficient for this drill at once.

The pupils are to be formed up in single rank, and numbered off as usual, in the centre of the arena. (Plates VII. and VIII.)

Quick—March. On the command *Quick—March*, the pupils will step off together. When they arrive at the side of the arena, they will all turn to their right, which will bring them into file, and continue to march around the arena. When marching with the right hand towards the centre, it is termed *Marching to the Right*. When

marching with the left hand towards the centre, it is termed **Marching to the Left**.

**No. Ones—
Circle Right.**

Number One of each section will turn out of the ranks and describe a circle (Plate VIII, fig. 1) by wheeling right-about in five paces, and come into the ranks behind Number Four of their respective sections. Number One of the first section will occupy the place vacated by Number One of the second section, Number One of the second section will occupy the place vacated by Number One of the third section, and so on to the rear. The class will continue at the same pace.

**No. Twos—
Circle Right.**

Number Two of each section will turn out of the ranks and describe a circle by wheeling right-about, and come into the ranks behind Number One of his respective section.

**No. Threes—
Circle Right.**

Number Three of each section will turn out of the ranks and describe a circle by wheeling right-about, and come into the ranks behind Number Two of their respective sections.

**No. Fours—
Circle Right.**

Number Four of each section will turn out of the ranks and describe a circle by wheeling right-about, and come into the ranks behind Number Three of his respective section.

N.B.—The pupils are now all in their original places; each movement must be done consecutively.

**Half-Sections—
Circle Right.**

Number One of each section will leave the ranks, followed by Number Two, and describe a circle by wheeling right-about, and come into the ranks behind Number Four. Number Two will follow close behind Number One (Plate VIII, fig. 1).

**Half-Sections—
Circle Right.**

Number Three of each section will leave the ranks, followed by Number Four, and describe a circle by wheeling right-about, and come into the ranks behind Number Two. Number Four will follow close behind Number Three.

*Sections —
Circle Right.*

Number One of each section will leave the ranks, closely followed by Two, Three, and Four, and describe a circle by wheeling right-about in five paces, each one following in the footsteps of their respective leaders—i.e., Number Ones of each section. Then continue the march around the arena as before.

The instructor will now divide the class into two equal divisions. If there are sixteen pupils in the class, the first and second section will be the first division; the third and fourth section will form the second division. Every pupil should thoroughly understand in which division he belongs. This should be done without halting the class.

*First Division,
Right—Turn.*

The word of command should be given when the leading and rear files of the first division are about an equal distance from each end of the arena. Each pupil will at once turn to his right and march directly across the arena (Plate VII., fig. 2). On arriving at the opposite side, they will all turn to their right, the rear file leading.

*Second Division,
Right—Turn.*

The word of command should be given when the leading and rear files are about an equal distance from each end of the arena, so that they may follow in the footsteps of the first division.

The above movements are to be repeated to bring the divisions to their original position.

*First Division,
Right—Incline.*

The word of command should be given as soon as the rear file of the first division covers at the side. Each pupil will turn half-right and march diagonally across the arena to the opposite side (Plate VII., fig. 3), then turn half-left and follow the leading file. They are now marching to their left.

*Second Division,
Right—Incline.*

The word of command should be given as soon as the rear file passes around the end and covers at the side, and follows in the footsteps of the first division.

*First Division,
Left—Incline.*

The word of command should be given as soon as the rear file of the first division covers at the side. Each pupil will turn half-left and march diagonally across the arena, then turn half-right and follow the leading file.

*Second Division,
Left—Incline.*

The word of command should be given as soon as the rear file covers at the side and follows the first division. The pupils are now marching to their right.

*Leading Files—
Take Equal
Distance.*

If the leading file of the second division is at the centre of one end of the arena when the word of command is given, the whole of the second division will mark time without closing up, until the leading file of the first division arrives at the centre of the opposite end, when they will take up the forward march until the divisions arrive opposite to each other at each side of the arena, when the word of command will be given, *The Whole ; Right—Turn.*

*The Whole ;
Right—Turn.*

Each division will turn to the right, and march direct across the arena (Plate VII., fig. 2). When the divisions arrive at the centre they will pass through the intervals, right hand to right hand. The leading file of the first division will pass on the right of the rear file of the second division. The leading file of the second division will be on the right of the rear file of the first division. When they arrive at the sides they will all turn to their right, rear files leading. Care must be taken to keep equal distance. Continue the march around the arena until the divisions arrive opposite each other on the sides, when the word of command will be given, *The Whole ; Right—Turn.*

*The Whole ;
Right—Turn.*

They will all turn to their right and march direct across the arena. When they arrive at the centre they will pass through the intervals, right hand to right hand. On arriving at the side they will all turn to their right.

This will bring the divisions to their original position at equal distance. Continue the march around the arena until the divisions arrive opposite each other. The word of command will be given, *The Whole ; Circle—Right.*

*The Whole ;
Circle—Right.*

They will all turn to their right, and march direct across the arena, until they arrive at the centre. They will grasp each other's right hand and circle round each other individually (Plate VII., fig. 5); relax the grasp of the hand and return, each division in line, to their respective sides; turn to their right and resume the march around the arena. This movement should be repeated when the leading files arrive at the centre of each end—the word of command will be given, *Leading Files—Down the Centre.*

*Leading Files—
Down the Centre.*

The leading files will go down the centre (Plate VII., fig. 4) in the opposite direction to each other, followed by the remainder, and pass, right hand to right hand. On arriving at the end of the arena they will lead to their right and march round, and keep their equal distance. As soon as the leading files have passed round the ends, the word of command should be given, *Leading Files—Change.*

*Leading Files—
Change.*

The leading files will march diagonally across the arena to the opposite corner (Plate VII., fig. 6), they will pass, right hand to right hand. On arriving at the corner they will lead to the left. They are now marching to their left. As soon as the leading files have passed round the end, the word of command will be given, *Leading Files—Change.*

*Leading Files—
Change.*

The leading files will march diagonally across the arena to the opposite corner (Plate VII., fig. 6), passing right hand to right hand. On arriving at the corners they will lead to the right round the arena. The word of command will now be given, *Leading Files—Circle.*

*Leading Files—
Circle.*

If the arena is sixty-three feet by thirty feet, the leading files will describe a circle at each end, thirty feet in diameter (Plate VII., fig. 7), both circling to the right. The leading files must work in conjunction with each other by passing the centre together. When a few circles have been made, as the leading files approach the centre of the arena, the word of command will be given, *Leading Files—Change.*

*Leading Files—
Change.*

They will then pass each other, left hand to left hand, and *change positions* by circling to the left. When a few circles have been made to the left, as the leading files approach the centre of the arena, the word of command will be given, *Leading Files—Change.*

*Leading Files—
Change.*

They will pass each other, right hand to right hand, and *change positions* by circling to the right. When the leading files are at the ends of the arena, the word of command will be given, *Leading Files—Go Large.*

*Leading Files—
Go Large.*

At this word of command, they will march around the arena to the right. The word of command will be given, *First Division—Mark Time.*

*First Division—
Mark Time.*

At this word of command, the first division will mark time until the leading file of the second division has closed up to the rear file of first division, when the command, *Forward*, will be given.

Forward.

The two divisions now form one division or class. When the leading file arrives at the centre of the end, the word of command will be given, *Leading File—Down the Centre* (Plate VII., fig. 4).

*Leading File—
Down the Centre.*

On arriving at the opposite end, lead to the right, and march around the arena. When the leading file arrives at the centre of the end, the word of command will be given, *By Half Sections—Down the Centre.*

*By Half Sections,
Down the Centre.*

One and Two will turn to their right and march together direct down the centre, followed

by Three and Four, each half-section following in succession. When they arrive at the end, each pupil will turn to his left in succession, and march around the arena to the left. When the second file arrives at the centre of the end of the arena, the word of command will be given, *By Sections—Down the Centre.*

*By Sections—
Down the Centre.*

Each pupil of the first section will turn to his left, and march in line direct down the centre, and each section on arriving at the same place will turn to its left in succession. On arriving at the end of the arena, each pupil will turn to his right. Care must be taken to keep the pupils at their proper distance. When marching in file, as soon as the leading file has passed around the side and end, the command will be given, *Serpentine.*

*Leading File—
Serpentine.*

At this word of command, the leading file will at once describe a serpentine movement (Plate VIII., fig. 8). When finished, they will march around the arena to the right. When the leading file is about twenty feet from the end of the arena, the word of command will be given, *Spiral.*

*Leading File—
Spiral.*

At this word of command, the leading file will describe a large circle around two pupils who have previously been placed in the centre of the arena, about four feet apart, facing each other. The class should not interfere with those two when passing around them. The leading file will gradually decrease the circle by circling within the large circle until there are two complete circles. On the command, *Change,*

*Leading File—
Change.*

The leading file will pass through the two markers, and unwind the circle by circling to

N B.—When the pupils have marched down the centre in single file, they will go round the arena, to come down the same way in half-sections and sections.

the left (Plate VIII., fig. 9). There should be sufficient space between the circles to permit the leading file to circle to the left. The leading file, when approaching and leaving the centre, should regulate the length of pace, so that the rear of the class may keep their proper distance without increasing the pace. The leading file will gradually enlarge the circle until it becomes one complete circle. The class will now be circling to their left. The spiral will be repeated to bring the class back to the right (Plate VIII., fig. 9). On the completion of the spiral the second time, the class will be circling to the right. The word of command will be given, *Go Large*.

*Leading File—
Go Large.*

The class will march around the arena to the right. Form the class up in the centre of the arena, and dismiss them.

N.B.—At all times one movement should be completed before the next is commenced. Each movement should be practised separately, until the pupils understand what they have to do. As soon as the class can go through the arena drill, it should be done from beginning to end without halting the class; no time should be lost between each consecutive movement. All the above movements can be performed to the left as well as the right. In all cases where the direction is given to the leading file, the remainder will follow exactly over the same ground. Many other ornamental movements may be added to the above.

WORDS OF COMMAND IN PART II.

Class Fall In.
 Attention.
 Right Dress.
 Eyes—*Front*.
 From the Right—*Number*.
 Sections—*Prove*.
 As You Were.
 First Division—*Prove*.
 As You Were.
 Second Division—*Prove*.
 As You Were.
 Quick—*March*.
 No. One's—*Circle Right*.
 No. Two's—*Circle Right*.
 No. Three's—*Circle Right*.
 No. Four's—*Circle Right*.
 Half Sections—*Circle Right*.
 Half Sections—*Circle Right*.
 Sections—*Circle Right*.
 First Division, *Right—Turn*.
 Second Division, *Right—Turn*.
 First Division, *Right—Turn*.
 Second Division, *Right—Turn*.
 First Division, *Right—Incline*.
 Second Division, *Right—Incline*.

First Division, *Left—Incline*.
 Second Division, *Left—Incline*.
 Leading Files—*Take Equal Distance*.
 The Whole, *Right—Turn*.
 The Whole, *Right—Turn*.
 The Whole—*Circle Right*.
 Leading Files—*Down the Centre*.
 Leading Files—*Change*.
 Leading Files—*Change*.
 Leading Files—*Circle*.
 Leading Files—*Change*.
 Leading Files—*Change*.
 Leading Files—*Go Large*.
 First Division—*Mark Time*.
 Forward
 Leading File—*Down the Centre*.
 By Half Sections—*Down the Centre*.
 By Sections—*Down the Centre*.
 Leading File—*Spiral*.
 Leading File—*Change*.
 Leading File—*Go Large*.
 Leading File—*Mark Time; the remainder close up*.

Form the Class up in the centre of the arena and dismiss.

PART III.

POSITIONS.

POSITIONS OF THE ARMS.

Every one should know the positions herein referred to before commencing the exercises. This method has been adopted to avoid long explanations, as the exercises are invariably done to or from these positions.

First Position.—Fundamental or military position of attention.

Second Position.—Raise the arms to the front on a line with the shoulders. Palms of the hands inwards, except when otherwise ordered.

Third Position.—Raise the arms perpendicular above the shoulders, backs of the hands outwards.

Fourth Position.—Raise the hands from the first position in front and close to the shoulders, elbows pressed backwards, and close to the sides, the backs of the hands towards the shoulders, unless otherwise ordered.

Fifth Position.—Extend the arms outwards, right and left, on a line with the shoulders, with the backs of the hands down, except when otherwise ordered.

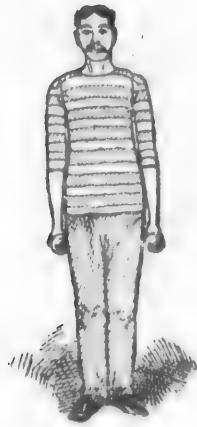
Sixth Position.—Place the hands on top of the shoulders, elbows raised, and direct to the right and left.

Seventh Position.—Place the hands under the arms, close in to the armpits, elbows raised, and direct right and left.

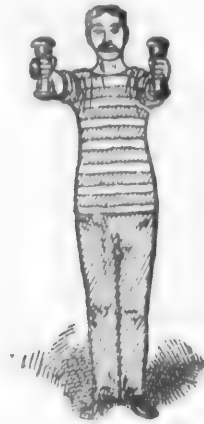
Eighth Position.—Place the hands on the sides at the waist, thumbs in front, fingers to the rear, elbows pressed back; when with dumb-bells, the backs of the hands down.

Ninth Position.—Raise the hands and forearms on a line with the elbows, letting them overlap each other across the front, and close in to the body.

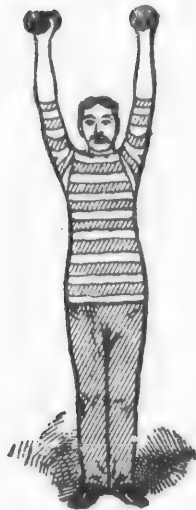
Tenth Position.—Raise the arms and place the backs of the hands together on the breast, close up to the chin, fingers down, elbows raised as high as possible.



No. 1.



No. 2.



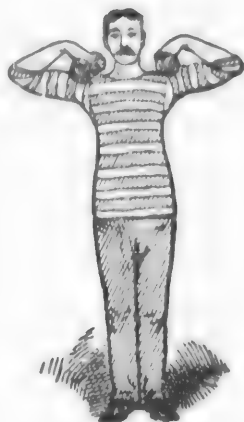
No. 3.



No. 4.



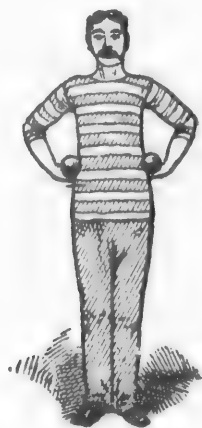
No. 5.



No. 6.



No. 7.



No. 8.



No. 9.



No. 10.



No. 11.

No. Eleven is to show the position of the Lunge as herein referred to at all times.

N.B.—These positions are for calisthenic, dumb-bell, and combined wand exercises.

GENERAL INSTRUCTIONS.

When the exercises are not performed to music, each movement may be done a certain number of times, or until the command, *Halt*, is given.

Every movement must be performed by all the pupils simultaneously and equally, so that each position is taken by all at the same time.

Each exercise will start from the first position, except otherwise ordered.

All the exercises in Part III. will be done with the hands open, except when otherwise ordered.

When the position is named for the first variety, each succeeding variety will commence from the same position.

OPEN ORDER.

It is necessary that each pupil should have sufficient room to perform all the movements in calisthenics, wand, and dumb-bell exercises, without interfering with the pupils on the right or left, when the class is formed up in single rank and numbered off in sections.

Open Order, Number Ones will take six paces.

Quick—March. Number Twos will take two paces.

Number Threes will take four paces direct to the front and halt.

Number Fours stand fast.

The class is now at open order. They remain in their respective positions until the drill is finished, when they will be re-formed into one rank.

Re-form Line, Number Ones will stand fast.

Quick—March. Number Twos, Threes, and Fours will step off together, and come up in line with Number Ones and halt.

Prepare for Drill. In class-rooms where there is not sufficient room to open the class out in the above manner, the pupils should each have a place

assigned to them, so that they may take their respective places on the command *Prepare for Drill*.

Where the desks prevent some of the movements from being performed correctly, the movements should be modified to suit the room, or the pupils should be so placed as to suit the position.

POSITION OF THE CLASS.

When the class is formed up in open order facing the instructor, all movements herein referred to by the Right or Left, Front or Rear, will refer to the original, or the position the class was first formed up in. No matter if half the pupils are standing with their backs toward the instructor, as in the combined exercises, then they will still adhere to the original position by using left for right, and *vice-versa*, except otherwise ordered.

FIRST GRADE. CALISTHENICS.

FIRST EXERCISE. *Ninth Position.*

- One.* Circle the hands and fore-arms over and under each other, performing a forward rotary movement close in front of the body, the hands and wrists to be as flexible as possible. The exercises for the hands are to be done rapidly.

Change. Second Variety.

- One.* Perform a rotary movement by circling the hands and fore-arms inwards towards the body, in the opposite direction to the first movement. Continue until a change is called for.

Change. Third Variety.

From the preceding position extend the fore-arms to the front on a line with the elbows, backs of the hands upwards, elbows close to the sides.

- One.* Shake the hands vigorously up and down from the wrists. Continue the movement.

Change. Fourth Variety.

- One.* Turn the palms of the hands upwards. Shake the hands vigorously up and down from the wrists. Continue the movement.

Change. Fifth Variety.

Turn the hands inwards, fingers pointing towards each other. Keep the hands at right angles with the fore arms.

- One.* Shake the hands up and down inwards. Continue the movement. On the command
Halt. come to the first position.

SECOND EXERCISE.

Hands closed, arms straight at the sides.

- One.* Twist the hands outwards and inwards quickly.
Continue the movement. The instructor will
give the time by counting one, two, three,
Halt. four quickly.

THIRD EXERCISE

Hands closed.

- One.* Raise the right hand to the seventh position.
Two. Raise the left hand to the seventh position;
at the same time extend the right arm to the
first position. Keep the body steady and
repeat the movement alternately—1, 7.

Change. Second Variety.

- One.* Raise both arms to the seventh position.
Two. Extend both arms to the first position.
Halt. Repeat 1, 7.

FOURTH EXERCISE.

- One.* Raise the arms to the second position, palms of
the hands inwards.
Two. Draw the arms back to the fourth position,
palms of the hands to the front.
Three. Force the arms downwards to the first position.
Halt. Repeat 2, 4, 1.

FIFTH EXERCISE.

Hands closed, arms straight.

- One.* Swing the right arm direct to the front to the
second position; at the same time swing the
left arm direct to the rear as far as possible.
Two. Swing the left arm direct to the front, and the
right arm direct to the rear as far as possible.
Repeat.

Change. Second Variety.

- One.* Swing both arms to the front to the second position.
- Two.* Swing both arms to the rear as far as possible.
- Halt.* Repeat.

SIXTH EXERCISE. *Fifth Position.*

Keep the arms extended with the backs of the hands up, legs straight.

- One.* Bend sideways direct to the right, lower the right arm and raise the left.
- Two.* Raise the body erect, continue the movement, and bend over direct to the left. Lower the left arm and raise the right. Repeat 5, 1, 3.

Change. Second Variety.

- Cne.* Bend the body direct forward and turn the hands completely over.
- Two.* Raise the body and incline as far backwards as possible, at the same time raise the heels and throw the weight of the body on to the fore-part of the feet. Repeat 5.
- Halt.*

SEVENTH EXERCISE.

Hands closed.

- One.* Raise the arms to the fourth position, fingers to the front.
- Two.* Raise the arms to the third position, fingers to the front.
- Three.* Lower the arms to the fourth position.
- Four.* Lower the arms to the first position.
- Halt.* Repeat 4, 3, 4, 1.

EIGHTH EXERCISE.

- One.* Bring the tips of the fingers together close in front of the thighs, and raise the arms to the second position. Continue the movement slowly upwards until the hands are a few inches above the head.
- Two.* Extend the arms quickly in a diagonal direction upwards; then lower the arms slowly outwards to the first position, and press the arms well back, palms of the hands upwards.
- Halt.* Repeat 2, 3, 5, 1.

NINTH EXERCISE. *Second Position.*

- One.* Extend the arms outwards right and left as far backwards as possible, palms of the hands upwards.
- Two.* Bring the arms to the second position with the little fingers touching each other. Each time, as the arms are being forced back, raise the heels and throw the weight of the body on to the fore-part of the feet, raise the head and advance the chest. Repeat.
- Halt.*

TENTH EXERCISE.

- One.* Raise the arms to the second position, palms of the hands inwards, at the same time lunge to the front with the right foot.
- Two.* Raise the arms to the third position, palms of the hands to the front.
- Three.* Force the arms down to the fourth position, elbows well pressed back.
- Four.* Extend the arms to the fifth position. Continue the movement, and lower the arms to the first position. Recover as the arms are lowered to the sides. Bring the right foot back to the left. Repeat by lunging to the front with the left foot alternately. Repeat 2, 3, 4, 5, 1.
- Halt.*

SECOND GRADE. CALISTHENICS.

FIRST EXERCISE.

- One.* Raise the arms to the second position, palms of the hands inwards.
- Two.* Draw the arms back to the fourth position, palms of the hands to the front.
- Three.* Extend the arms outwards to the fifth position, palms of the hands upwards.
- Four.* Lower the arms to the first position.
- Halt.* Repeat 2, 4, 5, 1.

SECOND EXERCISE. *Sixth Position.*

- One.* Raise the right arm to the third position.
- Two.* Raise the left arm to the third position; at the same time lower the right arm to the sixth position. Repeat alternately 6, 3.

Change. Second Variety.

- One.* Raise both arms from sixth to third position.
- Two.* Lower both arms to the sixth position.
- Halt.* Repeat 6, 3.

THIRD EXERCISE. *Eighth Position.*

- One.* Keep the body erect, and incline the head forward until the chin rests on the chest.
- Two.* Raise the head, and force it as far back as possible. Repeat slowly.

Change. Second Variety.

- One.* Incline the head on to the right shoulder.
- Two.* Raise the head erect, and incline it on to the left shoulder. Repeat.

Change. Third Variety.

- One.* Incline the head forward, then to the right. Continue the movement. Circle the head around on the shoulders to the right. Repeat.

Change. Fourth Variety.

- One.* Incline the head forward, then to the left.
Continue the movement. Circle the head
round to the left on the shoulders. Repeat.
- Halt.*

FOURTH EXERCISE.

- One.* Raise the hands to the seventh position.
- Two.* Extend the arms to the fifth position, palms of
the hands upwards.
- Three.* Beat the palms of the hands together at the
second position.
- Four.* Lower the arms to the first position. Repeat
Halt. 7, 5, 2, 1.

FIFTH EXERCISE. *Third Position.*

- Lock the thumbs at the third position, palms of
the hands to the front.
- One.* Bend slowly forward until the hands touch the
feet. Keep the head between the arms, legs
straight.
- Two.* Raise the body; as the body ascends raise the
heels, throw the weight of the body on to the
forepart of the feet, and incline the body as
far backwards as possible. These movements
are to be done slowly. Repeat.

Change. Second Variety.

- Keep the arms in the same position as before.
- One.* Incline the body over direct to the right.
- Two.* Recover. Raise the body erect.
- Three.* Incline the body over direct to the left.
- Four.* Recover by raising the body erect. Repeat.
- Halt.*

SIXTH EXERCISE.

- One.* Raise the arms outwards to the fifth position,
with the backs of the hands upwards.
- Two.* Raise the arms to the third position.

- Three.* Force the arms down to the fourth position, palms of the hands to the front.
- Four.* Extend the arms to the fifth position, with the palms of the hands upwards. Continue the movement, and lower the arms to the first position. Repeat 5, 3, 4, 5, 1.
- Halt.*

SEVENTH EXERCISE.

Perform an alternate backward side circle.

- One.* Raise the right arm by the front to the third position, with the hands closed.
- Two.* Raise the left arm by the front to the third position. As the left arm is raised, drop the right arm direct backwards down to the first position. Continue this movement by swinging the arms around at the sides, one arm always half a circle before the other; keep the arms straight.

Change. Second Variety.

- One.* Raise both arms by the front to the third position.
- Two.* Force both arms direct backwards down to the first position. Continue the movement by swinging both arms around together.
- Halt.*

EIGHTH EXERCISE. *Seventh Position.*

- One.* Raise the right leg until the thigh is horizontal. Keep the body erect; at the same time extend the right arm and touch the foot with the hand. Immediately replace the foot and hand.
- Two.* Raise the left leg, and touch the foot with the left hand as before. Repeat the movement alternately.
- Halt.*

NINTH EXERCISE. *Sixth Position.*

- One.* Extend the right arm to the fifth position. Hands closed at the sixth position and open at the fifth.

- Two.* Extend the left arm to the fifth position, at the same time bring the right arm to the sixth position. Repeat alternately 6, 5.

Change. Second Variety.

- One.* Extend both arms to the fifth position.
Two. Bring both arms to the sixth position.
Halt. Repeat 6, 5.

TENTH EXERCISE.

- One.* Lunge direct to the right with the right foot. At the same time raise the arms to the fifth position.
Two. Recover. Bring the right foot back to the left, and lower the arms to the first position.
Three. Lunge direct to the left with the left foot. At the same time raise the arms to the fifth position.
Four. Recover. Bring the left foot back to the right, and lower the arms to the first position.
Halt. Repeat 1, 5.

THIRD GRADE.

CALISTHENICS.

FIRST EXERCISE. *Second Position.*

- One.* Raise the arms to third position. Palms of the hands to the front.
Two. Lower the arms to the fourth position. Palms of the hands to the front.
Three. Extend the arms to the second position. Palms of the hands inwards. Repeat 3, 4, 2.

SECOND EXERCISE.

- One.* Raise the arms outwards to the fifth position, with the backs of the hands upwards.
Two. Raise the arms to the third position, with the palms of the hands turned outwards.

- Three.* Lower the arms outwards to the fifth position, the backs of the hands up.
- Four.* Lower the arms to the first position. Repeat 5, 3, 5, 1.
- Halt.*

THIRD EXERCISE. *Fourth Position.*

- One.* Bring the fore-arms together with the backs of the hands to the front, elbows close together, hands under the chin.
- Two.* Keep the arms bent, and force the elbows as far behind the waist as possible, and turn the fingers to the front. Keep the hands closed.
- Halt.* Repeat.

FOURTH EXERCISE.

- One.* Step a full pace backwards with the left foot, bend the right knee, keep the body erect, left leg straight; at the same time raise the right arm to the second position, and the left arm to the fourth position. Hands closed.
- Two.* Extend the left arm to the second position, and draw back the right arm to the fourth position. Repeat the movements with the arms alternately, 2, 4.

Change. Second Variety.

- One.* Extend both arms to the second position.
- Two.* Draw both arms back to the fourth position. Repeat 2, 4.
- Bring the left foot up to the right, and the arms to the first position. Repeat the above movements with the right foot in rear.
- Halt.*

FIFTH EXERCISE.

- One.* Raise the right arm by the front to the third position.
- Two.* Raise the left arm by the front to the third position. As the left arm is being raised drop the right arm direct backwards down to the first position. Continue the movement by swinging the arms around at the sides, thus

performing a complete side circle with each arm alternately. Repeat.

Change. Second Variety.

One.
Halt. Swing both arms around together. Repeat.

SIXTH EXERCISE. *Eighth Position.*

One. Keep the hands on the hips and the legs straight. Incline the body forward as far as possible from the waist. These movements are to be done slowly.

Two. Raise the body, and incline as far backwards as possible. During the ascent of the body raise the heels and retain the weight of the body on the forepart of the feet. Repeat the movement backwards and forwards.

Change. Second Variety.

One. Bend over from the waist direct to the right.

Two. Raise the body erect.

Three. Bend over direct to the left.

Four. Raise the body erect. Repeat.

Change. Third Variety.

One. Incline the body forward; then pass the head around towards the right. Continue the movement. Incline the body backwards, then to the left. Continue the movement around to the front, thus completing a circular movement from the waist. Repeat.

Change. Fourth Variety.

One. Circle around to the left in a similar manner.
Halt. Repeat.

SEVENTH EXERCISE.

One. Raise the arms up to the tenth position with the hands closed.

Two. By a quick movement force the arms upwards and outwards. Continue the movement down

Halt. to the first position. Repeat.

EIGHTH EXERCISE. *Eighth Position.*

- One.* Raise the heels, turn the knees outwards, and sit down as low as possible. Keep the body erect; then rise slowly.
- Two.* Lunge direct to the right with the right foot, then recover; bring the right foot back to the left.
- Three.* Sit down as before. Rise.
- Four.* Lunge direct to the left with the left foot, then recover; bring the left foot back to the right.
- Halt.* Repeat.

NINTH EXERCISE. *Second Position.*

- One.* Hands closed; pass both arms horizontally to the right, the right arm straight, and direct to the rear, the left hand against the right shoulder; head and shoulder turned to the right.
- Two.* Swing the arms forward to the second position.
- Three.* Pass the arms horizontally to the left, the left arm straight and directly to the rear, the right hand against the left shoulder; head and shoulders turned to the left.
- Four.* Swing the arms forward to the second position.
- Halt.* Repeat 5, 2, 5, 2.

TENTH EXERCISE.

- One.* Lunge direct to the front with the right foot; at the same time raise the arms by the front to the third position, with the fingers to the front. Hands closed.
- Two.* Recover. Bring the right foot back to the left; at the same time lower the arms outwards to the first position, with backs of the hands down.
- Three.* Lunge direct to the front with the left foot; at the same time raise the arms by the front to the third position, with the fingers to the front.
- Four.* Recover. Bring the left foot back to the right, and lower the arms outwards to the first position. Repeat 3, 1.
- Halt.*

PART IV.

POSITIONS FOR THE WAND EXERCISES.

The wand furnishes such an extended course of effective exercises that it is indispensable in the formation of a system of physical training. With a firm grasp of the wand, one arm assists the other to stretch the muscles and limbs in every direction.

The wand is to be round, seven-eighths of an inch thick, and, when held vertically by the side, it should extend from the floor to the point of the shoulder.

SHOULDER WAND.

When the class falls in for wand exercise at the position of attention, the wand should be held between the fingers and thumb of the left hand, thumb behind, with the back of the hand to the left, arm straight, the end of the wand on a line with the top of the head.

First Position.—From the shoulder, lower the wand in front, and grasp it with the right hand at the full extent of the arms—the hands the width of the shoulders apart.

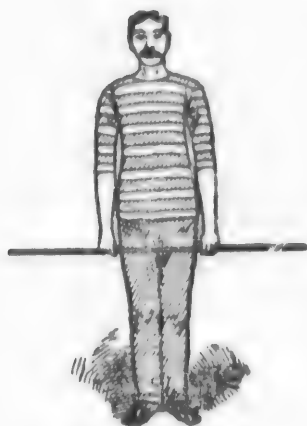
Second Position.—Raise the arms to the front on a line with the shoulders—arms straight.

Third Position.—Raise the arms perpendicular above the shoulders.

Fourth Position.—From the first position, raise the hands, place the wand across the chest, elbows close to the sides. The above positions correspond with the first four positions for calisthenics and dumb-bells.

Fifth Position on the Right.—From the first position, raise the left hand to the right shoulder, the back of the left hand against the shoulder, the right arm to be kept down, and close to the side, the wand perpendicular at the right side.

Fifth Position on the Left.—Raise the right hand to the left shoulder, left arm down, in a similar manner as on the right.



No. 1.



No. 2.



No. 3.



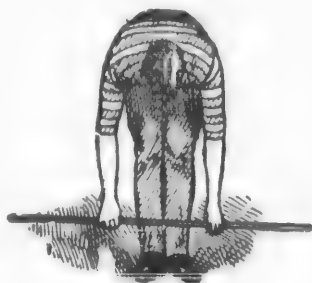
No. 4.



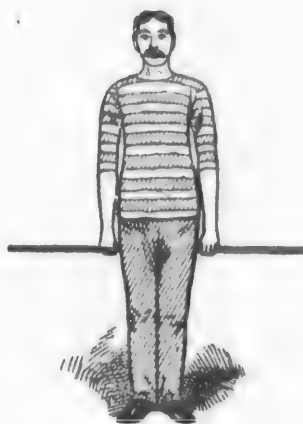
No. 5.



No. 6.



No. 7.



No. 8.



No. 9.



No. 10.

Sixth Position on the Right.—Raise the wand perpendicular at the right side, by raising the right arm straight above the shoulder; pass the left hand across at the waist, and close to the body.

Sixth Position on the Left.—Raise the wand perpendicular at the left side, left arm direct over the shoulder, the right hand across at the waist.

Seventh Position.—Keep the legs and arms straight; bend the body directly forward at right angles to the legs, and lower the wand horizontally within two inches of the floor.

Eighth Position.—Place the wand behind horizontally, down to the full extent of the arms, body erect.

Ninth Position.—Place the wand horizontally across the centre of the back, keep it in position by putting the arms around it, and bring the hands across the chest.

Tenth Position.—Place the wand horizontally on the shoulders close to the neck.

THE GRASP OF THE WAND.

There are four different ways of holding the wand. They are defined by First, Second, Third, and Fourth Grasp.

First Grasp (When the wand is at the first or eighth position).—Backs of the hands to the front, thumbs around, the hands the same width apart as the shoulders, arms straight.

Second Grasp.—Extend the hands outwards about twice the distance or a little more, and retain the grasp with the backs of the hands to the front.

Third Grasp.—Turn the hands around, and grasp the wand with the fingers to the front, the hands to be the same width apart as the shoulders.

Fourth Grasp.—From the third, relax the grasp, and extend the hands outwards about twice the distance, or a little more, and retain the grasp with the fingers to the front.

N.B.—When the grasp has been taken, the pupils should not be allowed to change their grasp, or slip the wand through their hands.

FOURTH GRADE.

(FIRST SERIES.)

WANDS.

FIRST EXERCISE. *First Grasp, First Position.*

- One.* Pass the wand horizontally behind the waist by the right.
- Two.* Bring the wand back to the first position.
- Three.* Pass the wand horizontally behind the waist by the left.
- Four.* Bring the wand back to the first position.
- Half.* Repeat.

SECOND EXERCISE. *First Grasp, First Position.*

- One.* Raise the wand to the fourth position, with the backs of the hands to the front, elbows raised, the upper arm on a line with the shoulders.

Two. Lower the wand to the first position.
Halt. Repeat 4, 1.

THIRD EXERCISE. *First Grasp, First Position.*

One. Pass the wand to the second position.
Two. Raise the wand to the third position.
Three. Lower the wand to the fourth position.
Four. Lower the wand to the first position.
Halt. Repeat 2, 3, 4, 1.

FOURTH EXERCISE. *First Grasp, First Position.*

One. Pass the wand to the fifth position on the right.
Two. Lower the wand to the first position.
Three. Pass the wand to the fifth position on the left.
Four. Lower the wand to the first position.
Halt. Repeat 5, 1, 5, 1.

FIFTH EXERCISE. *First Grasp, Third Position.*

One. Lower the wand to the tenth position.
Two. Raise the wand to the third position.
Halt. Repeat 10, 3.

SIXTH EXERCISE. *Second Grasp, First Position.*

One. Raise the wand to the sixth position on the right.
Two. Lower the wand to the first position.
Three. Raise the wand to the sixth position on the left.
Four. Lower the wand to the first position.
Halt. Repeat 6, 1, 6, 1.

SEVENTH EXERCISE. *Second Grasp, First Position.*

One. Pass the wand over and behind the right shoulder; keep the right arm down; raise the left hand over and behind the head.

- Two.* Keep the right arm down; pass the left hand over the head; come to the first position.
- Three.* Pass the wand over and behind the left shoulder; keep the left arm down; raise the right hand over and behind the head.
- Four.* Keep the left arm down; pass the right hand over the head; come to the first position.
- Halt.* Repeat.

EIGHTH EXERCISE. *Second Grasp, Third Position.*

- One.* Pass the wand perpendicular at the right side by lowering the right arm close to the side, the left fore-arm direct over the head.
- Two.* Raise the wand to the third position.
- Three.* Pass the wand perpendicular at the left side by lowering the left arm close to the side, the right fore-arm direct over the head.
- Four.* Raise the wand to the third position. Repeat.
- Halt.*

Change. Second Variety.

- One.* Keep the arms and legs straight, and lower the wand to the seventh position.
- Two.* Raise the wand to the third position.
- Halt.* Repeat 7, 3.

NINTH EXERCISE. *Second Grasp, First Position.*

- One.* Keep the right arm down, raise the left arm; pass the wand over the right shoulder down to the eighth position.
- Two.* Keep the left arm down, raise the right arm; pass the wand over the left shoulder to the first position.
- Three.* Raise the right arm; pass the wand over the left shoulder to the eighth position.

Four. Raise the left arm ; pass the wand over the right shoulder to the first position.

Halt. Repeat 8, 1.

TENTH EXERCISE. *Second Grasp, First Position.*

One. Lunge direct to the right with the right foot ; at the same time raise the right arm. Pass the wand over the head on to the shoulders, the left arm down, the right hand on a line with the top of the head.

Two. Recover. Bring the right foot back to the left ; at the same time raise the right hand. Pass the wand over the head to the first position.

Three. Lunge direct to the left with the left foot ; at the same time raise the left arm. Pass the wand over the head on to the shoulders, the right arm down, the left hand on a line with the top of the head.

Four. Recover. Bring the left foot back to the right ; at the same time raise the left hand, and pass the wand over the head to the first position. Repeat.

Halt.

DUMB-BELLS.

Dumb-bells are incomparably superior, as a means of physical culture, to any other article of gymnastic apparatus. Every muscle and joint of the body may be exercised in ten minutes with a pair of dumb-bells, providing the pupil has sufficient variety in positions and movements. They may be used more vigorously than the wand, and both arms should be employed to the same extent.

SIZE OF DUMB-BELLS.

The best and most approved hardwood dumb-bells at the present time are in accordance with fig. 12. There are at present three sizes in use in the public schools, of the following dimensions:—

	No. 1.	No. 2.	No. 3.
Full length of bell ...	10 in.	10½ in.	11 in.
Length of handle ...	3½ "	3½ "	4 "
Length of ball at end	3½ "	3½ "	3½ "
Diameter at {	A, 3 "	3½ "	3½ "
	B, 2½ "	2½ "	2½ "
	CC, ½ "	¾ "	¾ "
	DD, ¾ "	¾ "	1 "



Fig. 12.

FOURTH GRADE.

(SECOND SERIES.)

LIGHT DUMB-BELLS.

FIRST EXERCISE. *Sixth Position.*

- One.* Keep the hands on the shoulders, and raise the elbows as high as possible.
- Two.* Lower the elbows close to the sides. Repeat.

Change. Second Variety.

- One.* Keep the hands on the shoulders, and bring the elbows together in front.
- Two.* Force the elbows as far backwards as possible. Repeat.

Change. Third Variety.

- One.* Perform a backward side circle with the elbows.
- Two.* Repeat.

Change. Fourth Variety.

- One.* Perform a forward side circle with the elbows.
- Two.* Repeat.

SECOND EXERCISE. *Fourth Position.*

This is a swimming movement with the arms.

- One.* Extend the right arm horizontally to the second position; keep the backs of the hands upwards.
- Two.* Extend the left arm horizontally to the second position. As the left arm is being extended, pass the right hand horizontally to the right in the direction of the fifth position. Continue the movement in a circular direction to the fourth position.

N. B.—All Dumb-bell Exercises will be from the first position, except otherwise ordered.

Three. Extend the right arm horizontally to the second position. As the right arm is being extended, pass the left hand horizontally to the left in the direction of the fifth position. Continue the movement in a circular direction to the fourth position, thus performing an outward horizontal circle alternately.

Four. Repeat.

Change. Second Variety.

One. Extend both arms to the front, with the backs of the hands upwards.

Two. Pass the arms outwards in a circular direction to the fourth position as before. Repeat 2, 5, 4.

Change. Third Variety.

One. From the fourth position extend the right arm outwards in the direction of the fifth position. Continue the movement in a circular direction to the second position.

Two. Extend the left arm outwards in the direction of the fifth position. Continue the movement in a circular direction to the second position; at the same time bring the right hand from the second to the fourth position.

Three. Extend the right arm outwards in a circular direction; as before, at the same time bring the left hand from the second to the fourth position, thus performing an inward horizontal circle alternately.

Four. Repeat.

Change. Fourth Variety.

One. Extend both arms outwards in a circular direction to the second position.

Two. Bring both hands to fourth position. Repeat
Halt. 5, 2, 4.

THIRD EXERCISE.

- One* Lunge direct to the front with the right foot; at the same time raise the arms by the front to the third position. Incline the arms and the upper part of the body as far back as possible.
- Two.* Recover. Bring the right foot back to the left, and lower the arms outwards, right and left, to the first position.
- Three.* Lunge direct to the front with the left foot, and at the same time raise the arms by the front to the third position. Incline the arms and the upper part of the body as far back as possible.
- Four.* Recover. Bring the left foot back to the right, and lower the arms outwards, right and left, to the first position. Repeat 3, 1.
- Halt.*

FOURTH EXERCISE. *Fourth Position.*

- One.* Raise the right arm upwards and forward to the full extent.
- Two.* Raise the left arm upwards and forward, and at the same time lower the right arm in a circular direction to the fourth position.
- Three.* Raise the right arm as before, and lower the left in a circular direction to the fourth position, thus performing a forward circle above and in front of the shoulders.
- Four.* Repeat alternatively with the back of the hands outwards.

Change. Second Variety.

- One.* Perform the above movement with both arms at the same time. Continue the movement.
- Halt.*

FIFTH EXERCISE. *Second Position.*

- One.* Pass both arms horizontally to the right, the right arm straight and direct to the rear; the left hand against the right shoulder. Turn the head and shoulders to the right.
- Two.* Swing the arms forward to the second position.
- Three.* Pass the arms horizontally to the left; the left arm straight and direct to the rear; the right hand against the left shoulder. Head and shoulders turned to the left.
- Four.* Swing the arms forward to the second position.
- Halt.* Repeat.

SIXTH EXERCISE.

- One.* Raise the arms outwards, and beat the ends of the bells together at the third position, with the fingers to the front.
- Two.* Lower the bells to the eighth position.
- Three.* Keep the legs straight and bend forward, and beat the ends of the bells on the floor in front of the feet. Repeat.
- Halt.*

SEVENTH EXERCISE.

- One.* Pass the right arm close in across the front towards the left. Continue the movement up to third position.
- Two.* Pass the left arm close in across the front towards the right. Continue the movement up to the third position. As the left arm is being raised, lower the right from the third to the first position outwards.
- Three.* Raise the right arm as before. As the right arm is being raised, lower the left arm direct to the left from third to the first position. Thus the arms will have completed an alternatively outward front circle. Repeat.

Change. Second Variety.

- One.* Perform an outward front circle, with both arms at the same time, by passing both arms inwards across the front upwards to the third position. Continue the movement outwards down to the first position. Repeat.
- Halt.*

EIGHTH EXERCISE. *Fourth Position.*

- One.* Turn the head and shoulders to the right; at the same time force the arms outwards on a line with the shoulders; the right arm direct to the rear; the left arm direct to the front. The backs of the hands down.
- Two.* Turn the body square to the front, and bring the arms back to the fourth position.
- Three.* Turn the head and shoulders to the left; at the same time force the arms outwards on a line with the shoulders; the right arm direct to the front, the left arm direct to the rear, the backs of the hands down.
- Four.* Turn the body square to the front, and bring the arms back to the fourth position. Repeat.
- Halt.*

NINTH EXERCISE.

- One.* Lunge direct to the front with the right foot; at the same time raise the arms to the second position, and remain on the lunge.
- Two.* Raise the arms to the third position.
- Three.* Lower the arms to the fourth position.
- Four.* Extend the arms to the fifth position. Continue the movements down to the first position. As the arms are lowered from the fifth to the first position, recover, and bring the right foot back to the left. Repeat by lunging to the front with the left foot alternately—2, 3, 4, 5, 1.
- Halt.*

TENTH EXERCISE.

- One.* Lunge direct to the right with the right foot; at the same time raise the arms outwards to the third position. Backs of the hands up.
- Two.* Recover. Bring the right foot back to the left, and lower the arms outwards to the first position.
- Three.* Lunge direct to the left with the left foot, and raise the arms outwards to the third position. Backs of the hands up.
- Four.* Recover. Bring the left foot back to the right, and lower the arms outwards to the first position. Repeat.
- Halt.*

FIFTH GRADE.

(FIRST SERIES)

WANDS.

FIRST EXERCISE. *First Grasp, Second Position.*

- One.* Pass the wand to the fifth position on the right.
- Two.* Pass the wand to the second position.
- Three.* Raise the wand to the third position.
- Four.* Lower the wand to the second position.
- Five.* Pass the wand to the fifth position on the left.
- Six.* Pass the wand to the second position. Repeat
- Halt.* 5, 2, 3, 2, 5, 2.

SECOND EXERCISE. *First Grasp, Second Position.*

- One.* Pass the wand horizontally behind the waist by the right.
- Two.* Pass the wand to the second position.

Three. Pass the wand horizontally behind the waist by the left.

Four. Pass the wand to the second position. Repeat.
Halt.

THIRD EXERCISE. *First Grasp, Fifth Position on the Right.*

One. Raise the wand to the third position. Continue the movement towards the left down to the fifth position on the left.

Two. Raise the wand to the third position. Continue the movement towards the right down to the fifth position on the right. Repeat 5, 5.

Halt. Swing the wand direct over the head from one side to the other.

FOURTH EXERCISE. *Third Grasp, Second Position.*

One. Pass the wand direct over the head to the tenth position.

Two. Pass the wand over the head to the second position. Repeat 10, 2.
Halt.

FIFTH EXERCISE. *First Grasp, Second Position.*

One. Pass the end of the wand, held by the left hand, under the right arm, the left hand close and in front of the right shoulder; the right arm to be retained at the second position.

Two. Raise the right arm direct above the shoulder, and continue the movement backwards down to the side, the left hand to be held close to the shoulder, thus forming the fifth position on the right.

Three. Pass the wand to the second position.

Four. Pass the end of the wand held by the right hand under the left arm, the right hand to be close to and in front of the left shoulder.

Five. Raise the left arm direct above the shoulder, and continue the movement backwards down to the side, the right hand to be held close to the shoulder, thus forming the fifth position on the left.

Six.
Halt. Pass the wand to the second position. Repeat.

SIXTH EXERCISE. *Fourth Grasp, First Position.*

One. Raise the left hand over the head, and pass the wand obliquely behind the right shoulder, the right arm to be kept down at the side.

Two. Pass the wand to the first position by raising the left hand over the head.

Three. Raise the right hand over the head; pass the wand obliquely behind the left shoulder, the left arm to be kept down at the side.

Four.
Halt. Pass the wand to the first position by raising the right hand over the head. Repeat.

SEVENTH EXERCISE. *Ninth Position.*

One. Rise on the toes.

Two. Lower the body, by bending the knees, and sit on the heels; body erect.

Three. Raise the body by straightening the knees, then lower the heels. Repeat slowly.

EIGHTH EXERCISE. *Second Grasp, Seventh Position.*

One. Raise the wand to the third position.

Two. Lower the wand to the eighth position.

Three. Raise the wand to the third position.

Four.
Halt. Lower the wand to the seventh position.
Repeat 3, 8, 3, 7.

NINTH EXERCISE. *First Grasp, Eighth Position.*

- One.** Raise the wand to the ninth position without relaxing the grasp.
- Two.** Lower the wand to the eighth position.
Repeat 9, 8.

Change. Second Variety.

- One.** Pass the wand from the eighth position horizontally around the waist by the right until it is directly across the waist in front.
- Two.** Pass the wand back to the eighth position.
- Three.** Pass the wand horizontally around the waist by the left until it is directly across the waist in front.
- Four.** Pass the wand back to the eighth position.
- Halt.** Repeat.

TENTH EXERCISE. *Second Grasp, First Position.*

- One.** Lunge direct to the right with the right foot; at the same time pass the wand direct over the head to the eighth position.
- Two.** Recover. Bring the right foot back to the left; at the same time pass the wand direct over the head to the first position.
- Three.** Lunge direct to the left with the left foot, and at the same time pass the wand directly over the head to the eighth position.
- Four.** Recover. Bring the left foot back to the right, and raise the wand over the head to the first position. Repeat 8, 1.
- Halt.**

FIFTH GRADE

(SECOND SERIES.)

LIGHT DUMB-BELLS.

FIRST EXERCISE.

- One.* Lunge direct to the front with the right foot ; at the same time raise the arms outwards to the fifth position, with the backs of the hands up ; remain on the lunge.
- Two.* Raise the arm to the third position, with the backs of the hands towards each other.
- Three.* Lower the arms to the fourth position
- Four.* Extend the arms to the fifth position. Continue the movement down to the first position, and during the descent of the arms from the fifth to the first position, recover. Bring the right foot back to the left. Repeat—Lunge to the front with the left foot—5, 3, 4, 5, 1.
- Halt.*

SECOND EXERCISE. *Fourth Position.*

- One.* Incline the head and shoulders forward a little ; turn the hands inwards and bring the bells under the chin, with the backs of the hands, forearms, and elbows close together.
- Two.* Raise the arms to the third position
- Three.* Lower the arms to the fourth position.
- Halt.* Repeat 3, 4.

THIRD EXERCISE. *Fifth Position.*

- Keep the arms on a line with the shoulders, with the backs of the hands upwards ; brace up the muscles of the arms, and keep them rigid.
- One.* Perform a backward side circle about twelve inches in diameter. Repeat

Change. Second Variety.

- One.* Perform a forward side circle in a similar manner. Repeat.

Change. Third Variety.

Turn the fingers upwards ; keep the arms extended.

One. Perform a backward side circle as before.
Repeat.

Change. Fourth Variety.

One Perform a forward side circle as before.
Halt. Repeat.

FOURTH EXERCISE. *Tenth Position.*

One. Lunge direct to the front with the right foot ; at the same time force the arms upwards and outwards down to the sides.

Two. Recover. Bring the right foot back to the left, and raise the arms up to the tenth position.

Three Lunge direct to the front with the left foot, and force the arms upwards and outwards down to the sides.

Four. Recover. Bring the left foot back to the right, and raise the arms to the tenth position.
Repeat 1, 10.

Halt.

FIFTH EXERCISE. *Second Position.*

One. Take a full pace direct to the left with the l. ft foot ; at the same time pass the bells horizontally around to the right rear ; the right arm straight and direct to the rear ; the left hand close to the right shoulder ; the weight of the body on the right leg ; head and shoulders turned to the right.

Two. Recover. Bring the left foot up to the right ; at the same time pass the arms horizontally to the second position.

- Three.* Take a full pace direct to the right with the right foot; at the same time pass the bells horizontally around to the left rear, the left arm straight and direct to the rear, with the right hand close to the left shoulder.
- Four.* Recover. Bring the right foot up to the left; at the same time pass the arms horizontally to the second position. Repeat.
- Halt.*

SIXTH EXERCISE.

An alternate backwards side circle.

- One.* Raise the right arm up in front to the third position.
- Two.* Raise the left arm by the front to the third position. As the left arm is raised, drop the right arm direct backwards down to the first position. Continue this movement by swinging the arms around at the sides, one arm always half a circle before the other. Keep the arms straight.

Change. Second Variety.

- One.* Perform a backward side circle, same as the first variety, by swinging both arms around at the same time.
- Two.* On command *Two*, continue the movement.

Change. Third Variety.

Alternate forward side circle in just the opposite movement to the first variety.

- One.* Raise the right arm direct to the rear up to the third position.
- Two.* Raise the left arm direct to the rear up to the third position. As the left arm is raised, drop the right arm directly forward down to the first position. Continue this movement by

swinging the arms around at the sides, one arm always half a circle before the other. Keep the arms straight.

Change. Fourth Variety.

One Perform a forward side circle, same as the third variety, by swinging both arms around at the same time.

Two
Halt Continue the movement.

SEVENTH EXERCISE. *Seventh Position.*

One Raise the right leg until the thigh is horizontal; at the same time extend the right arm downwards and touch the foot with the bell; keep the body erect, and immediately replace the hand and foot.

Two Raise the left leg, and extend the left arm and touch the foot with the bell, keeping the body erect; immediately replace the hand and foot. Repeat the above movements alternately, and keep the body as steady as possible—1, 7.

Halt

EIGHTH EXERCISE.

One Bend forward and beat the ends of the bells on the floor in front of the feet.

Two While rising, lunge direct to the front with the right foot; at the same time raise the arms to the second position; remain on the lunge.

Three Raise the arms to the third position.

Four Lower the arms to the fourth position.

Five Extend the arms outwards to the fifth position.

Six Lower the arms to the first position; at the same time recover, and bring the right foot back to the left.

Halt Repeat by lunging to the front with the left foot alternately. Floor—2, 3, 4, 5, 1.

NINTH EXERCISE.

- One* Lunge direct to the right, and raise the arms to the third position. Remain on the lunge.
- Two* Swing both arms down by the right, and pass in front of the body up by the left to the third position. During the passage of the arms in front of the body, raise the toes and turn on the heels towards the left, and transfer the weight of the body to the left leg.
- Three* Swing both arms down by the left, and pass in front of the body up by the right to the third position. During the passage of the arms in front of the body, raise the toes and turn on the heels towards the right, and transfer the weight of the body to the right leg.
- Four* Repeat the above movements—3, 3.
- Halt*

TENTH EXERCISE. *Third Position.*

- One* Lunge direct to the front with the right foot. At the same time lower the arms outwards down to the first position, backs of the hands down.
- Two* Recover. Bring the right foot back to the left; and at the same time raise the arms outwards to the third position.
- Three* Repeat by lunging to the front with the left foot alternately—1, 3.
- Halt*

SIXTH GRADE.

(FIRST SERIES.)

WANDS.

FIRST EXERCISE. *First Grasp, First Position.*

- One* Raise the wand to the second position.
Two Pass the wand to the fourth position.
Three Pass the wand direct over the head to the tenth position.
Four Raise the wand to the third position.
Five Lower the wand to the fourth position.
Six Lower the wand to the first position.
Halt Repeat 2, 4, 10, 3, 4, 1.

SECOND EXERCISE. *First Grasp, Second Position.*

- One* Pass the wand to the fourth position, with the backs of the hands to the front, elbows raised as high as possible.
Two Pass the wand direct over the head to the tenth position.
Three Pass the wand direct over the head to the seventh position.
Four Raise the wand to the second position. Repeat
Halt 4, 10, 7, 2.

THIRD EXERCISE. *First Grasp, First Position.*

- One* Pass the wand upwards to the left until it arrives at the third position. Continue the movement directly to the right downwards until it arrives at the first position. During this movement the wand should be kept horizontal the whole of the way round, and at the full extent of the arms, thus performing a complete front circle to the right. Repeat.

Change. Second Variety.

- One* Pass the wand upwards to the right until it

arrives at the third position. Continue the movement direct to the left downwards until it arrives at the first position. During this movement the wand should be kept horizontal the whole of the way round, and at the full extent of the arms, thus performing a complete front circle to the left. Repeat.

HaltFOURTH EXERCISE. *Third Grasp, Second Position.*

One Pass the left hand over and behind the head. Retain the right hand at the second position. The wand will now be at the right side of the neck, pointing to the front.

Two Pass the wand around behind the neck to the tenth position.

Three Raise the wand direct over the head and come to the second position.

Four Pass the right hand over and behind the head. The wand will now be at the left side of the neck, pointing to the front.

Five Pass the wand around behind the neck to the tenth position.

Six
Halt Raise the wand direct over the head and come to the second position. Repeat.

FIFTH EXERCISE. *First Grasp, First Position.*

One Pass the wand to the fifth position on the right.

Two Retain the position, with the left hand close to the right shoulder, and raise the right arm outwards to the sixth position on the right.

Three Pass the wand to the fifth position on the left.

Four Retain the position, with the right hand close to the left shoulder, and raise the left arm outwards to the sixth position on the left. Repeat 5, 6, 5, 6.

Halt

SIXTH EXERCISE. *Second Grasp, First Position.*

- One* Lower the wand to the seventh position.
Two Raise the wand to the second position.
Three Pass the wand direct over the head to the eighth position.
Four Raise the wand direct over the head to the first position. Repeat 7, 2, 8, 1.
Halt

SEVENTH EXERCISE. *Third Grasp, Seventh Position.*

- One* Raise the wand, at the full extent of the arms, on a line with the forehead, keeping the body at right angles to the legs.
Two Lower the wand to the seventh position. Retain the position of the body. Repeat.
Halt

EIGHTH EXERCISE. *Third Grasp, Eighth Position.*

- One* Keep the arms straight, and pass the wand backwards and upwards as far as possible; incline the body forward.
Two Lower the wand to the eighth position and raise the body erect. Repeat.

Change. Second Variety.

- One* Raise the wand up to the ninth position without relaxing the grasp.
Two Lower the wand to the eighth position. Repeat
Halt 9, 8.

NINTH EXERCISE. *Fourth Grasp, Tenth Position.*

To come to this position, take the fourth grasp at the first position, then pass the wand over the head on to the shoulders, retain the grasp, and allow the hands and fore-arms to come over the wand; backs of the hands to the front; extend the arms as far possible. Keep the wand firm on the shoulders.

One Turn the head and body to the left without moving the feet, and bring the right arm to the front and the left to the rear. Keep the wand firm on the shoulders.

Two Turn the head and body to the right, and bring the left arm to the front, and the right to the rear. Repeat.

Change. Second Variety.

One Bend over direct to the right. Lower the right arm and raise the left.

Two Raise the body and bend direct over to the left; lower the left arm and raise the right. Repeat.

Change. Third Variety.

One Pass the wand direct over the head to the seventh position.

Two Raise the body, and pass the wand direct over the head to the eighth position. Repeat 7, 8.

Halt

TENTH EXERCISE. *Fourth Grasp, Eighth Position.*

One Lunge direct to the right with the right foot; at the same time raise the right arm; pass the wand over the left shoulder down to the full extent of the arms in front.

Two Recover. Bring the right foot back to the left; at the same time raise the left arm, and pass the wand over the right shoulder down to the eighth position.

Three Lunge direct to the left with the left foot; at the same time raise the left arm; pass the wand over the right shoulder and down to the full extent of the arms in front.

Four Recover. Bring the left foot back to the right, and at the same time raise the right arm; pass the wand over the left shoulder down to the eighth position. Repeat.

Halt

SIXTH GRADE.

(SECOND SERIES.)

LIGHT DUMB-BELLS.

FIRST EXERCISE. *Ninth Position.*

One Perform a forward circle, the fore-arms passing over and under each other close in front of the body ; keep the bells perpendicular, and backs of the hands to the front. Repeat.

Change. Second Variety.

One Keep the arms in the same position, and perform an inward circle, the arms passing over each other towards the body. Repeat.

Change. Third Variety.

Turn the fingers to the front, and keep the bells perpendicular; the elbows on a front line with the shoulders ; perform a forward circle, the fore-arms passing over and under each other close in front of the chest. Repeat.

Change. Fourth Variety.

One Keep the arms in the same position, and perform an inward circle, the arms passing over each other towards the chest. Repeat.

Halt

SECOND EXERCISE. *Fourth Position.*

One Raise the elbows and pass the bells under the shoulders, close in to the armpits ; force them as far back as possible.

Two Bring the hands back to the fourth position, elbows close to the sides. Repeat.

Halt

THIRD EXERCISE. *Fourth Position.*

One Raise the arms alternately upwards and forwards, then down in a circular direction to the fourth position, thus performing a forward

circular movement above and in front of the shoulders, with the backs of the hands outwards

Two Repeat.

Change. Second Variety.

One Raise both arms upwards and forwards, then down in a circular direction to the fourth position, backs of the hands outwards.

Two Repeat.

Change. Third Variety.

One Extend the arms alternately to the front, then upwards in a circular direction, and down to the fourth position, in the opposite direction to the first variety.

Two Repeat.

Change. Fourth Variety.

One Extend both arms to the front, then upwards in a circular direction down to the fourth position, thus having performed a circular movement above and in front of the shoulders in the opposite direction to the second variety.

Two Repeat.

Halt

FOURTH EXERCISE. *Third Position.*

One Keep the arms straight; bend forward, and swing the bells down, passing outside the feet; raise them as far to the rear as possible.

Two Raise the body; at the same time swing the bells to the front up to the third position, and incline the arms and body backwards as far as possible. Repeat.

Halt

FIFTH EXERCISE. *Second Position.*

One Lunge direct to the front with the right foot; at the same time extend the arms outwards, right and left, and backwards as far as possible, with the backs of the hands down.

- Two* Recover. Bring the right foot back to the left, with the hands close together at the second position.
- Three* Lunge direct to the front with the left foot; at the same time extend the arms outwards right and left, backs of the hands down.
- Four* Recover. Bring the left foot back to the right, and the arms close together at the second position. Repeat 5, 2, lunge to front.
- Halt*

SIXTH EXERCISE.

- One* Raise the right hand to the seventh position.
- Two* Raise the left hand to the seventh position, and at the same time lower the right hand to the first position. Repeat alternatively 7, 1.

Change. Second Variety.

- One* Raise both hands to the seventh position.
- Two* *Halt* Lower both hands to the first position. Repeat.

SEVENTH EXERCISE. *Sixth Position.*

- One* Raise the right arm to the third position.
- Two* Raise the left arm to the third position, and at the same time lower the right arm to the sixth position. Repeat alternatively—3, 6.

Change. Second Variety.

- One* Raise both arms to the third position.
- Two* Lower both arms to the sixth position. Repeat.
- Halt*

EIGHTH EXERCISE.

- One* Raise both arms outwards to the third position.
- Two* Lower the arms to the sixth position.
- Three* Extend the arms outwards to the fifth position, with the backs of the hands down.
- Four* Lower the arms to the first position. Repeat
- Halt* 3, 6, 5, 1.

NINTH EXERCISE. *Fifth Position.*

- One* Keep the arms straight, and bend over direct to the right until the right arm comes close to the side and the left arm direct over the shoulder.
- Two* Raise the body erect, and keep the arms extended, and continue the movement; bend over direct to the left until the left arm comes close to the side and the right arm direct over the shoulder. Repeat.
- Halt*

TENTH EXERCISE.

- One* Lunge direct to the right with the right foot, and at the same time raise the arms outwards to the third position, backs of the hands towards each other.
- Two* Recover. Bring the right foot back to the left, and at the same time lower the arms outwards to the first position.
- Three* Lunge direct to the left with the left foot, and at the same time raise the arms outwards to the third position.
- Four* Recover. Bring the left foot back to the right, and at the same time lower the arms outwards to the first position. Repeat 3, 1, lunge.
- Halt*

SIXTH GRADE.

(THIRD SERIES.)

COMBINED DUMB-BELLS.

Prepare for Combined Dumb-bell Exercise

The class must be at open order. At the word of command the odd numbers—i.e., *one* and *three* of each section—will turn to the right-about.

Quick—March Number Two will advance to Number One, Number Three will advance to Number Four. The pupils now stand in pairs, facing each other, close together.

Bells Down The odd numbers will place their bells on the floor, one across the other.

Grasp the Bells Each pupil will take hold of the ends of the bells held by the even numbers. The palms of the hands must cover the ends of the bells, the arms pendant at the side; this forms the first position. The pupils must stand as close together as possible.

FIRST EXERCISE.

One Raise the right bell up to the seventh position.

Two Raise the left bell to the seventh position, and at the same time lower the right bell to the first position. Repeat alternatively.

Change. Second Variety.

One Raise both bells to the seventh position.

Two Lower both bells to the first position. Repeat.

Halt

N.B.—The odd numbers will work opposite to the word of command—apply *Left* for *Right*, and *Right* for *Left*. The positions are the same as for single exercises. The right bell will be the one held in the right hand of the even numbers, and in the left hand of the odd numbers.

SECOND EXERCISE. *Sixth Position.*

- One* Raise the right bell to the third position.
Two Raise the left bell to the third position, and at the same time lower the right bell to the sixth position. Repeat alternatively, 3, 6.

Change. Second Variety.

- One* Raise both bells from the sixth to the third position.
Two Lower the bells to the sixth position. Repeat 3, 6.
Halt

THIRD EXERCISE.

- One* Raise the arms outwards to the third position.
Two Lower the arms to the sixth position.
Three Extend the arms to the fifth position.
Four Lower the arms to the first position.
Halt Repeat 3, 6, 5, 1.

FOURTH EXERCISE. *Fifth Position.*

- One* Keep the arms extended, and bend over direct to the right as far as possible; lower the right bell and raise the left.
Two Raise the body erect and continue the movement; bend over direct to the left; lower the left bell and raise the right. Repeat.
Halt

FIFTH EXERCISE.

- One* Both pupils will lunge direct to the right; at the same time raise the arms outwards to the third position.
Two Recover, and lower the arms outwards to the first position.
Three Both pupils will lunge direct to the left; at the same time raise the arms outwards to the third position.

Four
Halt

Right and Left
about turn

Recover, and lower the arms outwards to the first position. Repeat 3, 1, lunge.

The pupils will raise the right bell to the third position. The even numbers will turn right-about, and the odd numbers left-about, both at the same time; then lower the bell to the first position. This is to be done without losing the grasp of the bells. The pupils now stand back to back, close together, in which position the following exercises will be done:

SIXTH EXERCISE.

One

Raise the right bell to the seventh position.

Two

Raise the left bell to the seventh position, and at the same time lower the right bell to the first position. Repeat, alternatively.

Change. Second Variety.

One

Raise both bells to the seventh position.

Two
Halt

Lower the bells to the first position.
Repeat 7, 1.

SEVENTH EXERCISE. *Sixth Position.*

Keep the palms of the hands on the ends of the bells, and do not change the grasp.

One

Raise the right bell to the third position.

Two

Raise the left bell to the third position, and at the same time lower the right bell to the sixth position. Repeat 3, 6, alternatively.

Change. Second Variety.

One

Raise both bells from the sixth to the third position.

Two
Halt

Lower the bells to the sixth position.
Repeat 3, 6.

EIGHTH EXERCISE. *Second Grasp.**

- One* Raise the arms outwards to the third position.
Two Lower the arms to the sixth position.
Three Extend the arms outwards to the fifth position.
Four Lower the arms to the first position.
Halt Repeat 3, 6, 5, 1.

NINTH EXERCISE. *Fifth Position.*

- One* Keep the arms extended, and bend over direct to the right as far as possible; lower the right bell and raise the left.
Two Raise the body erect and continue the movement; bend over direct to the left; lower the left bell and raise the right. Repeat.
Halt

TENTH EXERCISE.

- One* Both pupils will lunge direct to the right, and at the same time raise the arms outwards to the third position.
Two Recover, and lower the arms outwards to the first position.
Three Both pupils will lunge direct to the left, and at the same time raise the arms outwards to the third position.
Four Recover, and lower the arms outwards to the first position. Repeat.
Halt

* *N.B.*—The Second Grasp is to pass the handle of the bell between the first and second finger with the ball of the bell in the hand.

SEVENTH GRADE.

(FIRST SERIES.)

WANDS.

FIRST EXERCISE. *First Grasp, Second Position.*

- One* Pass the wand to the fourth position.
Two Raise the wand to the third position.
Three Lower the wand to the fourth position.
Four Pass the wand to the second position.
Five Lower the wand with straight arms to the seventh position.
Six Raise the wand to the second position.
Halt Repeat 4, 3, 4, 2, 7, 2.

SECOND EXERCISE. *Second Grasp, First Position.*

- One* Pass the wand to the sixth position on the right.
Two Retain the grasp of the wand, and drop the right arm across the chest; the arms overlapping each other as far as possible.
Three Raise the right arm, and come to the sixth position on the right.
Four Pass the wand to the sixth position on the left.
Five Retain the grasp of the wand, and drop the left arm across the chest; the arms overlapping each other as far as possible.
Six Raise the left arm, come to the sixth position on the left. Repeat.
Halt

THIRD EXERCISE. *First Grasp, First Position.*

- One* Pass the wand to the fifth position on the right.
Two Retain the position of the left hand, and raise the right arm direct to the front on a line with the shoulder.

- Three* Lower the right arm to the side.
- Four* Pass the wand to the fifth position on the left.
- Five* Retain the position of the right hand, and raise the left arm direct to the front on a line with the shoulder.
- Six*
Halt Lower the left arm to the side. Repeat

FOURTH EXERCISE. *Third Grasp, Third Position.*

Retain the grasp of the wand, keeping the arms and legs straight.

- One* Bend over direct to the right, and touch the floor with the end of the wand.
- Two* Resume the third position.
- Three* Bend over direct to the left, and touch the floor with the end of the wand.
- Four* Resume the third position. Repeat.

Change. Second Variety.

- One* Retain the position of the arms at the third position, and keep the legs straight.
- Two* Bend direct forward as far as possible.
- Halt* Raise the body, and incline as far backwards as possible. Repeat.

FIFTH EXERCISE. *Fourth Grasp, Eighth Position.*

- One* Drop the right arm down, and raise the left arm ; pass the wand over the right shoulder down to the first position.
- Two* Keep the left arm down, and raise the right arm ; pass the wand over the left shoulder to the eighth position.
- Three* Raise the right arm, and pass the wand over the left shoulder to the first position.

PHYSICAL DRILL.

- Four* Raise the left arm, and pass the wand over the right shoulder to the eighth position.
Halt Repeat 1, 8.

SIXTH EXERCISE. *Second Grasp, Eighth Position.*

- One* Raise the right arm, and pass the left arm across the back; bring the wand perpendicular to the right side.
Two Lower the wand to the eighth position.
Three Raise the left arm, and pass the right arm across the back; bring the wand perpendicular to the left side.
Four Lower the wand to the eighth position.

Change. Second Variety.

- Retain the grasp at the eighth position.
One Pass the wand horizontally around the waist by the right as far as possible, and allow the left arm to pass across behind the waist.
Two Bring the wand back to the eighth position.
Three Pass the wand horizontally around the waist by the left, and allow the right arm to pass across behind the waist.
Four Bring the wand back to the eighth position.
Halt Repeat.

SEVENTH EXERCISE. *Ninth Position.*

- One* Bend forward until the body is at right angles; legs straight.
Two Retain the position, and turn the body to the right, slowly, as far as possible without moving the feet, and then back to the central position.
Three Retain the position, and turn the body to the left, slowly, as far as possible without moving the feet; then back to the central position.

- Four* Raise the body, and incline as far back as possible, and as the body ascends raise the heels and keep the weight of the body on the forepart of the feet until the body is brought forward again. Repeat.

Change. Second Variety.

Retain the wand in position, keeping the body erect.

- One* Rise on the toes, bend the knees, and sit on the heels.

- Two* Raise the body by straightening the legs, and extend on the toes as far as possible. Repeat.

Halt

EIGHTH EXERCISE. *Fourth Grasp, Eighth Position*

- One* Raise the wand up to the third position.

- Two* Pass the wand forward, and down to the seventh position.

- Three* Raise the wand up to the third position.

- Four* Lower the wand to the eighth position. Repeat 3, 7, 3, 8.

Change. Second Variety.

Bend forward, and keep the body at right angles to the legs.

- One* Pass the wand to the third position.

- Two* Lower the wand to the seventh position.

- Three* Raise the wand to the third position.

- Four* Carry the wand back to the eighth position. Repeat 3, 7, 3, 8.

Halt

NINTH EXERCISE. *Fourth Grasp, Tenth Position.*

To come to this position, take the fourth grasp at the first position; then pass the wand over the head on to the shoulders. Retain the grasp and allow the hands and fore-arms to come

over the wand ; backs of the hands to the front ; extend the arms as far as possible. Keep the wand firm on the shoulders.

One Turn the head and body to the right, without moving the feet, and bring the left arm to the front and the right to the rear. Keep the wand firm on the shoulders.

Two Turn the head and body around and look to the left ; bring the right arm direct to the front and the left to the rear. Repeat.

Change. Second Variety.

Stand square to the front, keeping the legs straight.

One Bend over direct to the right ; lower the right arm and raise the left.

Two Raise the body, and bend over direct to the left ;
Halt lower the left arm and raise the right. Repeat.

TENTH EXERCISE. *Fourth Grasp, Eighth Position.*

One Lunge direct to the front with the right foot, and at the same time pass the wand direct over the head to the first position.

Two Recover. Bring the right foot back to the left, and pass the wand direct over the head to the eighth position.

Three Lunge direct to the front with the left foot, and at the same time pass the wand direct over the head to the first position

Four Recover. Bring the left foot back to the right, and pass the wand over the head to the eighth position. Repeat 1, 8. Lunge.
Halt

SEVENTH GRADE.

(SECOND SERIES.)

COMBINED WANDS.

Positions are the same as for the dumb-bells—Number Five with arms extended outwards on a line with the shoulders, &c., &c.

The Grasp.—When the arms are at the fifth position, the first grasp is with the backs of the hands up.

The second grasp with the backs of the hands down.

A firm grasp should be retained during the whole of the movements. The wands should not at any time be allowed to slip through the hands.

Prepare for Combined Exercises.—The class must be at open order. At this word of command the odd numbers—*i.e.*, One and Three of each section—will turn to the right-about.

Quick—March Number Two will advance to Number One; Number Three will advance to Number Four.

Pass the Wands The pupils will now pass the wands, and grasp the end of each other's wand, with the arms at the sides; facing each other.

FIRST EXERCISE. *First Grasp, First Position.*

Right Foot forward Step to the front with the right foot about eighteen inches, and incline the body a little forward.

One Pass the right wand direct to the front and the left direct to the rear as far as possible.

Two Swing the arms at the sides; pass the left wand to the front and the right to the rear. Repeat. Keep the arms straight.

Change. Second Variety.

- One** Pass both wands to the front.
Two Swing the arms backwards and forwards at the
Halt sides both together. Repeat.
N.B.—These exercises to be repeated with the
left foot to the front.

SECOND EXERCISE. First Grasp, First Position.

- One** Raise the right wand to the seventh position.
Two Raise the left wand to the seventh position, and
at the same time lower the right wand to the
first position. Repeat 7, 1 alternatively.

Change. Second Variety.

- One** Raise both wands to the seventh position.
Two Lower both wands to the first position.
Repeat 7, 1.

Change. Third Variety.

- One** Raise both wands to the seventh position.
Two Extend the arms to the fifth position.
Three Lower the arms to the first position. Repeat 7, 5, 1.

Halt *THIRD EXERCISE. Second Grasp, Sixth Position.*

- One** Raise the right wand to the third position.
Two Raise the left wand to the third position, and at
the same time lower the right wand to the
sixth position. Repeat 3, 6 alternatively.

Change. Second Variety.

- One** Raise both wands to the third position.
Two Lower both wands to the sixth position.
Repeat 3, 6.

Change. Third Variety.

- One** Raise both wands to the third position.
Two Lower the arms outwards to the fifth position.
Three Bring the wands to the sixth position.
Halt Repeat 3, 5, 6.

. **FOURTH EXERCISE.** *Second Grasp, Third Position.*

- One* Lower the right wand with a straight arm to the first position.
- Two* Lower the left wand to the first position, and at the same time raise the right wand to the third position. Repeat 1, 3 alternatively.

Change. Second Variety.

- One* Step to the front with the right foot, and at the same time lower both wands outwards to the first position.
- Two* Recover. Bring the right back to the left, and at the same time raise the arms to the third position. Repeat by stepping to the front with the left foot.

FIFTH EXERCISE. *Second Grasp, Third Position.*

Right Foot forward Step to the front with the right foot about eighteen inches, and incline the body forward a little. Keep the arms straight.

- One* Pass the right wand direct to the front and the left to the rear as far as possible.
- Two* Pass the left wand to the front and the right to the rear. Repeat alternatively.

Change. Second Variety.

- One* Pass both wands to the front.
- Two* Pass both wands direct to the rear. Repeat.
- Halt* *N.B.*—Repeat these exercises with the left foot to the front.

Right and Left—about turn The pupils will raise the right wand to the third position. The even numbers will turn right—about and the odd numbers left—about, both at the same time; then lower the wand to the first position, and change the grasp by turning the backs of the hands outwards. The pupils now stand back to back, in which position the following exercises will be done :—

SIXTH EXERCISE. *First Grasp, First Position.**Right Foot
forward*

Step to the front with the right foot about eighteen inches, and incline the body forward a little.

(One)

Pass the right wand direct to the front and the left direct to the rear as far as possible. Keep the arms straight.

Two

Swing the arms at the sides; pass the left wand to the front and the right to the rear. Repeat.

*Change. Second Variety.**One*

Pass both wands to the front.

Two

Swing the arms backwards and forwards at the sides both together. Repeat.

*Halt**N.B.*—These exercises to be repeated with the left foot to the front.SEVENTH EXERCISE. *First Grasp, First Position.**One*

Raise the right wand to the seventh position.

Two

Raise the left wand to the seventh position, and at the same time lower the right wand to the first position. Repeat 7, 1 alternatively.

*Change. Second Variety.**One*

Raise both wands to the seventh position.

Two

Lower both wands to the first position. Repeat 7, 1.

*Change. Third Variety.**One*

Raise both wands to the seventh position.

Two

Extend the arms to the fifth position.

Three

Lower the arms to the first position.

Halt

Repeat 7, 5, 1.

EIGHTH EXERCISE. *Second Grasp, Sixth Position.**One*

Raise the right wand to the third position.

Two

Raise the left wand to the third position, and at the same time lower the right wand to the sixth position. Repeat 3, 6 alternatively.

Change. Second Variety.

- One* Raise both wands to the third position.
Two Lower both wands to the sixth position.
 Repeat 3, 6.

Change. Third Variety.

- One* Raise both wands to the third position.
Two Lower the arms outwards to the fifth position.
Three Bring the wands to the sixth position.
Halt Repeat 3, 5, 6

NINTH EXERCISE. *Second Grasp, Third Position.*

- One* Lower the right wand with a straight arm to the first position.
Two Lower the left wand to the first position, and at the same time raise the right wand to the third position. Repeat alternatively 1, 3.

Change. Second Variety.

- One* Lower both wands to the first position; at the same time step to the front with the right foot.
Two Raise both wands to the third position. Bring the right foot back to the left.
Halt Repeat, stepping to the front with the left alternatively, 3, 1.

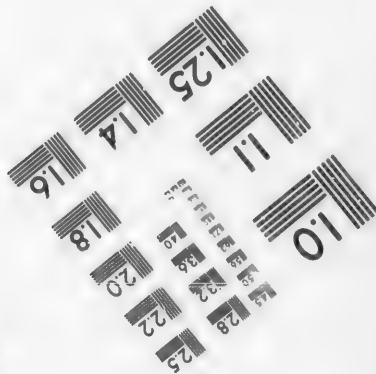
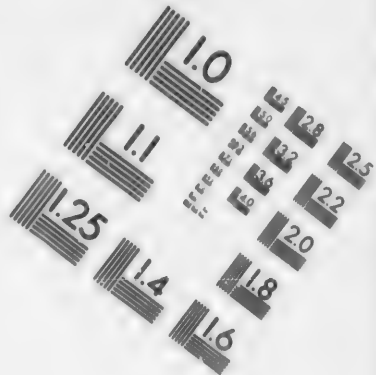
TENTH EXERCISE. *Second Grasp, Third Position.*

- Right Foot forward* Step to the front with the right foot about eighteen inches, and incline the body forward a little. Keep the arms straight.
One Pass the right wand direct to the front and the left to the rear as far as possible.
Two Pass the left wand to the front and the right to the rear. Repeat alternatively.

Change. Second Variety.

- One* Pass both wands to the front.
Two Pass both wands direct to the rear. Repeat.
Halt N.B.—Repeat these exercises with the left foot to the front.





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SEVENTH GRADE.
(THIRD SERIES.)
LIGHT DUMB-BELLS.

FIRST EXERCISE.

- One* Slowly raise both arms to the second position. Continue the movement. Raise the arms upwards and outwards, and backwards down, right and left, to the first position, thus forming an outward diagonal circle. During the whole of this movement the bells are to be twisted quickly inwards and outwards, and the arms are to be kept straight. Repeat.

Change. Second Variety.

- One* Slowly raise both arms outwards to the fifth position. Continue the movement upwards and forward down by the front to the first position; twist the bells inwards and outwards, the arms to be kept straight. Repeat.
- Halt*

SECOND EXERCISE. *Fourth Position.*

- One* Turn the body to the right without moving the feet, and at the same time force the arms outwards right and left on a line with the shoulders, backs of the hands down, left hand direct to the front, right direct to the rear.
- Two* Turn the body square to the front, and at the same time bring the arms to the fourth position.
- Three* Turn the body to the left without moving the feet, and at the same time force the arms outwards right and left, backs of the hands down.
- Four* Turn the body square to the front, and at the same time bring the arms to the fourth position. Repeat 4, 5.

Change. Second Variety.

- One* Bend forward and beat the ends of the bells on the floor in front of the feet.
- Two* Bring the bells to the fourth position.
- Three* Raise the bells to the third position.
- Four* Lower the bells to the fourth position. Repeat.
- Halt*

THIRD EXERCISE.

- One* Keep the arms straight, and perform an outward front circle alternately; from the first position pass the arms close in across the front; raise them upwards and outwards, thus making a complete circle with each arm; the arms are to pass each other on a line with the shoulders. Repeat.

Change. Second Variety.

- One* Perform an outward front circle; pass both arms inwards across the front, and at the same time upwards and outwards; the arms are to pass each other close in front of the body and above the head. Repeat.

Change. Third Variety.

- One* Perform an inward front circle alternately; from the first position raise the arms outwards perpendicularly; continue the movement inwards across the front down to the first position; the arms are to pass each other on a line with the shoulders. Repeat.

Change. Fourth Variety.

- One* Perform an inward circle; raise both arms outwards at the same time; the arms are to pass each other above the head and overlap as far as possible; continue the movement down in front of the body. Repeat.

PHYSICAL DRILL.

Change. Fifth Variety.

- One* Pass both arms to the left upwards above the head ; continue the movement direct to the right and downwards past the front ; thus the right arm will make an outward circle and the left an inward circle. Repeat.

Change. Sixth Variety.

- One* Pass both arms to the right upwards above the head ; continue the movement direct to the left downwards past the front ; thus the left arm makes an outward circle and the right arm an inward circle. Repeat.

*Halt*FOURTH EXERCISE. *Second Position.*

- One* Turn the body to the right without moving the feet, and at the same time swing the arms horizontally to the right rear ; the right arm is to be straight and the left hand to be close to the right shoulder.
- Two* Turn the body around to the left, and at the same time swing the arms horizontally around to the left rear. As the arms pass the front the hands should be close together ; continue the movement until the left arm is direct to the rear and on a line with the shoulder ; the right hand to be close to the left shoulder ; perform a complete horizontal circle in one movement. Repeat.

Change. Second Variety, Third Position.

- One* Lower the bells to the eighth position.
- Two* Bend forward and beat the ends of the bells on the floor in front of the feet.
- Three* Raise the arms to the third position. Repeat.

Halt

FIFTH EXERCISE. *Third Position.*

- Right Lunge* Lunge direct to the right with the right foot and remain on the lunge.
- One* Swing both arms down direct to the right; continue past the front direct to the left up to the third position; as the arms pass the front, raise the toes and turn on the heels to the left; transfer the weight of the body to the left leg.
- Two* Swing both arms down direct to the left, and continue past the front direct to the right up to the third position; as the arms pass the front, raise the toes and turn on the heels to the right; transfer the weight of the body to the right leg, thus performing a complete circle with the arms. Repeat.

CHANGE. *Second Variety.*

- Remain on the lunge.
- One* Bend over to the right, and beat the end of the bells on the floor at each side of the right foot.
- Two* Raise the bells to the third position.
- Three* Turn on the heels to the left, at the same time bend over to the left, and beat the end of the bells on the floor at each side of the left foot.
- Four*
Halt Raise the bells to the third position. Repeat.

SIXTH EXERCISE.

- One* Keep the arms straight; swing the right arm direct to the front and the left direct to the rear.
- Two* Swing the left arm to the front and the right to the rear; thus performing a see-saw movement by swinging the arms backwards and forwards at the sides. Repeat.

Change. Second Variety.

- One* Swing both arms to the front.
Two Swing both arms to the rear. Repeat.
Halt

SEVENTH EXERCISE. *Seventh Position.*

- One* Extend the right arm to the fifth position, back of the hand up.
Two Extend the left arm to the fifth position, back of the hand up, and at the same time resume the seventh position with the right hand ; pass the hands alternatively from the seventh to the fifth position. Repeat 5, 7.

Change. Second Variety.

- One* Extend both arms to the fifth position, backs of the hands up.
Two Resume the seventh position. Repeat 5, 7.

Change. Third Variety.

- One* Extend both arms to the fifth position, with the backs of the hands upwards.
Two Raise the arms to the third position.
Three Lower the arms outwards to the fifth position.
Four Bring the bells to the seventh position. Repeat
Halt 5, 3, 5, 7.

EIGHTH EXERCISE.

- One* Step a full pace backwards with the left foot, and bend the right knee ; keep the weight of the body on the right leg ; at the same time raise the right arm to the second position and the left arm to the fourth position ; body erect.
Two Extend the left arm to the second position, and at the same time draw the right arm back to the fourth position. Repeat 2, 4 alternatively.

Change. Second Variety.

- One** From the fourth position, force both arms out to the second position.
- Two** Draw the arms back to the fourth position. Repeat 2, 4.
- Halt** Repeat the above movements with the left foot in rear.

NINTH EXERCISE.

- One** Raise the arms outwards to the fifth position, with the backs of the hands upwards.
- Two** Raise the arms up to the third position, with the backs of the hands towards each other.
- Three** Lower the arms outwards to the fifth position, with the backs of the hands upwards.
- Four** Lower the arms to the first position. Repeat 5, 3, 5, 1.

Change. Second Variety.

- One** Raise the arms outwards to the fifth position, with the backs of the hands down.
- Two** Raise the arms to the third position, with the backs of the hands outwards.
- Three** Lower the arms outwards to the fifth position, with the backs of the hands down.
- Four** Lower the arms to the first position. Repeat 5, 3, 5, 1.

Change. Third Variety, Fifth Position.

- One** Bend over direct to the right, and lower the right arm until close to the right side, and raise the left arm perpendicularly.

- Two* Raise the body erect, and keep the arms extended; continue the movement, and bend over direct to the left until the left arm is close to the left side, and the right arm perpendicular above the right shoulder.
- Three* Raise the body, and bend over direct to the right. Repeat 1, 5, 3.
- Halt*

TENTH EXERCISE.

- One* Lunge direct to the right with the right foot, and at the same time raise the arms outwards, with the backs of the hands up, to the third position.
- Two* Recover, bring the right foot back to the left, and at the same time lower the arms to the first position.
- Three* Lunge direct to the left with the left foot, and at the same time raise the arms outwards, with the backs of the hands up, to the third position.
- Four* Recover. Bring the left foot back to the right, and at the same time lower the arms to the first position. Repeat.
- Halt*

N.B.—The combined exercises are as near as possible a repetition of the last five single exercises. They are first done with the pupils facing each other, then back to back.

SEVENTH GRADE.
(FOURTH SERIES.)

COMBINED DUMB-BELLS.

Prepare for these exercises as directed in the Third Series, Sixth Grade.

FIRST EXERCISE.

One Keep the arms straight, and swing the right bell direct to the front, the left direct to the rear.

Two Swing the left bell to the front and the right to the rear. Repeat alternately by swinging the arms backwards and forwards at the sides.

Change. Second Variety.

One Swing both bells to the front.

Two Swing both bells to the rear. Repeat.

Half

SECOND EXERCISE. *Seventh Position.*

One Extend the right bell to the fifth position; grasp the bell so that the back of the hand will be upwards.

Two Extend the left bell to the fifth position, and at the same time resume the seventh position with the right bell; keep the elbows raised so that the upper arm will be on a line with the shoulders. Repeat 5, 7.

Change. Second Variety.

One Pass both bells to the fifth position.

Two Resume the seventh position. Repeat 5, 7.

Half

Change. Third Variety.

One Extend both arms to the fifth position.

Two Raise the arms to the third position.

Three Lower the arms outwards to the fifth position.

Four Bring the bells to the seventh position.

Half Repeat 5, 3, 5, 7.

THIRD EXERCISE.

- One* Each pupil will step a full pace backwards with the left foot, and bend the right knee, keeping the weight of the body on the right leg ; at the same time raise the right bell to the second position and the left bell to the fourth position, body erect.
- Two* Extend the left bell to the second position, and at the same time draw the right bell back to the fourth position. Repeat 2, 4 alternately.

Change. Second Variety.

- One* From the fourth position force both bells out to the second position.
- Two* Draw the bells back to the fourth position. Repeat.
- Halt* Recover. Bring the left foot up to the right, and bells to the first position.
- These exercises to be repeated with the right foot in rear.

FOURTH EXERCISE.

- One* Raise the bells to the fifth position, with the backs of the hands upwards.
- Two* Raise the bells to the third position, with the backs of the hands towards each other.
- Three* Lower the bells outwards to the fifth position.
- Four* Lower the bells to the first position. Repeat 5, 3, 5, 1.

Change. Second Variety, Fifth Position.

- One* Bend over direct to the right and lower the right bell until close to the side ; raise the left bell perpendicularly over the shoulders.

Two Raise the body erect and keep the arms extended; continue the movement, and bend over direct to the left until the left bell is close to the left side; the right bell perpendicular over the shoulders.

Three Raise the body and bend over direct to the right. Repeat 3, 1.
Halt

FIFTH EXERCISE.

One Lunge direct to the right, and at the same time raise the bells outwards to the third position.

Two Recover, and lower the bells outwards to the first position.

Three Lunge direct to the left, and at the same time raise the bells outwards to the third position.

Four Recover, and lower the bells outwards to the first position. Repeat 3, 1.
Halt

Both pupils will lunge in the same direction.

SIXTH EXERCISE.

The following exercises are performed with the pupils standing back to back. Prepare as directed for the Sixth Exercise, Sixth Grade, Combined Dumb-bell Exercises.

One Keep the arms straight, and swing the right bell direct to the front and the left direct to the rear.

Two Swing the left bell to the front and the right to the rear. Repeat alternatively.

Change.

One Swing both bells to the front.

Two Swing both bells to the rear. Repeat.
Halt

SEVENTH EXERCISE. *Seventh Position.*

- One* Extend the right bell to the fifth position; the palm of the hand to be on the end of the bell.
- Two* Extend the left bell to the fifth position, and at the same time resume the seventh position with the right bell. Repeat 5, 7 alternatively.

Change. Second Variety.

- One* Pass both bells to the fifth position.
- Two* Resume the seventh position. Repeat 5, 7.

Change. Third Variety.

- One* Extend the arms to the fifth position.
- Two* Raise the arms to the third position, with the backs of the hands towards each other.
- Three* Lower the arms outwards to the fifth position.
- Four* Bring the bells to the seventh position.
- Halt* Repeat 5, 3, 5, 7.

EIGHTH EXERCISE. *Fifth Position.*

Each pupil will grasp the bell so that the palms of the hands will be towards his own front; allow the handle of the bell to pass between the first and second fingers, keeping the arms straight.

- One* Pass the right bell direct to the front and the left direct to the rear.
- Two* Pass the left bell to the front and the right to the rear, keeping the arms on a line with the shoulders. Repeat.

Change. Second Variety.

- One* Pass both bells to the front on a line with the shoulders.
- Two* Force both bells direct to the rear. Repeat.
- Halt*

Change. Second Variety.

- One* Pass both bells to the front.
Two Pass both bells to the rear. Repeat.
Halt

NINTH EXERCISE.

- One* Raise both bells to the fifth position.
Two Raise the bells to the third position.
Three Lower the bells to the fifth position.
Four Lower the bells to the first position.
 Repeat 5, 3, 5, 1.

Change. Second Variety, Fifth Position.

- One* Bend over direct to the right and lower the right bell until close to the side, the left bell being perpendicular over the shoulders.
Two Raise the body erect, keeping the arms extended; continue the movement, and bend over direct to the left until the left bell is close to the left side and the right bell perpendicular over the shoulders.
Three Raise the body erect and bend over direct to the right. Repeat 1, 3.
Halt

TENTH EXERCISE.

- One* Lunge direct to the right, and at the same time raise both bells outwards to the third position.
Two Recover, and lower the bells outwards to the first position.
Three Lunge direct to the left, and at the same time raise the bells outwards to the third position.
Four Recover, and lower the bells outwards to the first position. Repeat 1, 3.
Halt

EIGHTH GRADE.

(FIRST SERIES.)

WANDS.

FIRST EXERCISE. *First Grasp, Fourth Position.*

- One* Raise the wand to the third position.
Two Lower the wand to the tenth position.
Three Pass the wand direct over the head to the second position.
Four Pass the wand to the fourth position.
Five Lower the wand to the seventh position.
Six Raise the wand to the fourth position. Repeat
Halt 3, 10, 2, 4, 7, 4.

SECOND EXERCISE. *Fourth Grasp, First Position.*

- One* Keep the right arm down ; raise the left arm and pass the wand over the right shoulder down to the eighth position.
Two Keep the left arm down and raise the right arm ; pass the wand over the left shoulder to the first position.
Three Raise the right arm and pass the wand over the left shoulder to the eighth position.
Four Raise the left arm and pass the wand over the right shoulder to the first position. Repeat 8, 1.

Change. Second Variety, Third Grasp, Second Position.

Keep the arms extended, and turn the wand perpendicularly in front of the body ; the right hand down, the left uppermost.

One Make a forward diagonal circle at the right side; pass the wand downwards to the right side, right hand leading, arm straight; continue upwards and forwards to the second position, wand perpendicular; the right hand will now be uppermost.

Two Make a forward diagonal circle at the left side; pass the wand downwards to the left side, left hand leading, arm straight; then upwards and forwards to the second position, wand perpendicular, left hand uppermost. Repeat.

Turn the head and shoulders in the direction of the movement, and allow the arms to go as far to the rear as possible; continue the movements without halting at the second position.

Change. Third Variety.

The wand perpendicular at the second position, the right hand uppermost; perform a backward diagonal circle.

One Pass the wand upwards and backwards, and continue down past the right side, forward, up to the second position; the wand perpendicular, left hand uppermost.

Two Pass the wand upwards and backwards over the left shoulder; continue down past the left side, forward, up to the second position.

Halt Repeat as directed for Second Variety.

THIRD EXERCISE. *Fourth Grasp, Second Position.*

One Pass the right hand over and close behind the head; retain the left hand at the second position; the wand will now be over the left arm pointing to the front.

Two Pass the wand behind the head to the tenth position.

- Three* Pass the wand over the head to the second position.
- Four* Pass the left hand over and close behind the head; retain the right hand at the second position; the wand will now be over the right arm pointing to the front.
- Five* Pass the wand behind the head to the tenth position.
- Halt* Pass the wand over the head to the second position. Repeat.

FOURTH EXERCISE. *Second Grasp, First Position.*

- One* Pass the wand to the sixth position on the right.
- Two* Make a three-quarter backward side circle with the right arm, and allow the arm to drop direct backwards; continue the movement until the arm is on a front line with the shoulder; during the movement of the right arm, retain the position of the left hand close to the shoulder.
- Three* Make a three-quarter forward side circle, which will bring the wand back to the sixth position.
- Four* Pass the wand from the sixth position on the right to the sixth position on the left.
- Five* Make a three-quarter backward side circle with the left arm, and allow the arm to drop direct backwards; continue the movement until the arm is on a front line with the shoulder; retain the position of the right hand close to the shoulder.
- Six* Make a three-quarter forward side circle, which will bring the wand back to the sixth position on the left. Repeat.
- Halt*

FIFTH EXERCISE. *Fourth Grasp, Eighth Position.*

- One* Pass the wand direct over the head to the seventh position.
- Two* Pass the wand direct over the head to the eighth position. Repeat 7, 8.

Change. Second Variety, Third Position.

- Retain the fourth grasp, arms straight.
- One* Bend over direct to the right as far as possible.
- Two* Raise the body erect, and keep the wand direct over the head.
- Three* Bend over to the left.
- Four* Raise the body erect; continue these movements slowly.
- Halt*

SIXTH EXERCISE. *Second Grasp, Second Position.*

- One* Cross the arms on the chest, the right arm over the left, the wand direct across the chest; retain the grasp sufficiently so that the elbows will overlap each other.
- Two* Pass the wand back to the second position.
- Three* Cross the arms on the chest, the left arm over the right, the wand direct across the chest; retain the grasp as before.
- Four* Pass the wand to the second position. Repeat.
- Halt*

SEVENTH EXERCISE. *Fourth Grasp, Tenth Position*

To come to this position, take the fourth grasp at the first position; then pass the wand over the head on to the shoulders; allow the hands and fore-arms to come over the wand, backs of the hands to the front; extend the arms as far as possible, keeping the wand firm on the shoulders; do not move the feet.

- One* Sit down on the heels as low as possible, and turn the knees a little outwards ; rise on the forepart of the feet, then incline the body to the right, and touch the floor with the right hand without quitting the grasp of the wand.
- Two* Rise, the body erect, legs straight ; stand square to the front.
- Three* Sit down as before, and touch the floor with the left hand.
- Four* Rise, the body erect, legs straight. Repeat.
- Halt*

EIGHTH EXERCISE. *Fourth Grasp, Eighth Position.*

- One* Keep the right arm down ; raise the left arm, and pass the wand over the right shoulder down to the first position.
- Two* Keep the left arm down ; raise the right arm, and pass the wand over the left shoulder down to the eighth position.
- Three* Keep the left arm down ; raise the right arm, pass the wand over the left shoulder down to the first position.
- Four* Keep the right arm down ; raise the left arm, and pass the wand over the right shoulder down to the eighth position. Repeat.
- Halt*

NINTH EXERCISE. *Fourth Grasp, Tenth Position.*

- Retain the wand in position on the shoulders, as explained in the Seventh Exercise.
- One* Turn the body to the left, and bring the right hand directly in front of and as close as possible to the knees.
- Two* Raise the body erect, shoulders square to the front.

- Three** Turn the body to the right, and bring the left hand directly in front of and as close as possible to the knees.
- Four** Raise the body erect, shoulders square to the front. Repeat.

Change. Second Variety, Bend Forward.

- Keep the legs straight, and bend the body forward at right angles, keeping the wand on the shoulders.
- One** Turn the head and shoulders to the left; raise the left arm, and touch the feet with the right hand without quitting the grasp of the wand.
- Two** Raise the right arm, and turn the head and shoulders to the right; touch the feet with the left hand, and keep the body at right angles. Repeat.
- Halt**

TENTH EXERCISE. *Fourth Grasp, Eighth Position.*

- One** Lunge direct to the front with the right foot, and at the same time raise the right arm and pass the wand over the left shoulder to the front; bring the left hand forward close to the right knee, the right hand direct over the left, wand perpendicular.
- Two** Recover. Bring the right foot back to the left, and pass the wand over the left shoulder to the eighth position.
- Three** Lunge direct to the front with the left foot; at the same time raise the left arm and pass the wand over the right shoulder to the front; bring the right hand forward close to the left knee, the left hand direct over the right, wand perpendicular.
- Four** Recover. Bring the left foot back to the right, and pass the wand over the right shoulder to the eighth position. Repeat.
- Halt**

EIGHTH GRADE.

(SECOND SERIES.)

COMBINED WANDS.

Prepare for these exercises as directed in the Second Series, Seventh Grade ; grasp and positions the same.

FIRST EXERCISE. *First Grasp, First Position.*

- One* Raise both wands to the seventh position.
- Two* Extend the arms to the fifth position.
- Three* Raise the wands to the third position.
- Four* Lower the wands to the sixth position.
- Five* Extend the arms to the fifth position.
- Six* Lower the wands to the first position.
- Halt* Repeat 7, 5, 3, 6, 5, 1.

SECOND EXERCISE. *Second Grasp, Third Position.*

Right Foot Forward Each pupil will step to his respective front, and incline the body forward a little ; keep the arms straight.

- One* Pass the right wand direct to the front and the left direct to the rear.
- Two* Pass the left wand direct to the front and the right direct to the rear. Repeat.

Change. Second Variety.

- One* Pass both wands to the front.
- Two* Pass both wands direct to the rear. Repeat.
- Halt* *N.B* —To be repeated with the left foot forward.

THIRD EXERCISE. *Second Grasp, Sixth Position.*

- One* Pass the right wand to the fifth position.
- Two* Pass the left wand to the fifth position, and at the same time resume the sixth position with the right wand. Repeat 5, 6 alternatively.

Change. Second Variety.

- One* Pass both wands to the fifth position.
Two Resume the sixth position. Repeat 1, 3.

Change. Third Variety.

- One* Raise both wands to the third position.
Two Lower the arms outwards to the fifth position.
Three Bring the wands to the sixth position.
Halt Repeat 3, 5, 6.

FOURTH EXERCISE. *Second Grasp, Fifth Position.*

- One* Pass the right wand direct to the front and the left to the rear; keep the arms on a line with the shoulders.
Two Pass the left wand to the front and the right to the rear. Repeat.

Change. Second Variety.

- One* Pass both wands direct to the front.
Two Pass both wands direct to the rear. Repeat.

Change. Third Variety.

- One* Keep the arms on a line with the shoulders, and bend over direct to the right until the right wand comes close to the side; the left wand direct over the shoulders.
Two Raise the body; continue the movement, and bend over direct to the left; at the same time raising the right wand and lowering the left close to the left side. Repeat 1, 3.
Halt

FIFTH EXERCISE. *Second Grasp, Third Position.*

- One* Lunge direct to the front, and at the same time lower the wands outwards to the first position.

- Two* Recover, and raise the wands with a straight arm to the third position.
- Three* Lunge direct to the front with the left foot, and lower the wands outwards to the first position.
- Four* Recover, and raise the wands to the third position. Repeat 1, 3.
- Halt* *N.B.*—The pupils will lunge towards each other.

SIXTH EXERCISE. *First Grasp, First Position.*

*Right and Left-
about Turn*

The following exercises are performed with the pupils standing back to back. Prepare as directed for the Sixth Exercise, Second Series, Seventh Grade.

- One* Raise both wands to the seventh position.
- Two* Extend the arms to the fifth position.
- Three* Raise the wands to the third position.
- Four* Lower the wands to the sixth position.
- Five* Extend the arms to the fifth position.
- Six* Lower the wands to the first position. Repeat
- Halt* 7, 5, 3, 6, 5, 1.

SEVENTH EXERCISE. *Second Grasp, Third Position.*

*Right Foot
Forward*

Each pupil will step to his respective front about eighteen inches with the right foot, and incline the body forward a little; keep the arms straight.

- One* Pass the right wand direct to the front and the left direct to the rear.
- Two* Pass the left wand direct to the front and the right direct to the rear. Repeat.

Change. Second Variety.

- One* Pass both wands to the front.
- Two* Pass both wands direct to the rear. Repeat.
- Halt* *N.B.*—To be repeated with the left foot forward.

EIGHTH EXERCISE. *Second Grasp, Sixth Position.*

- One* Pass the right wand to the fifth position.
Two Pass the left wand to the fifth position, and at the same time resume the sixth position with the right wand. Repeat 5, 6 alternatively.

Change. Second Variety.

- One* Pass both wands to the fifth position.
Two Resume the sixth position. Repeat 5, 6

Change. Third Variety.

- One* Raise both wands to the third position.
Two Lower the arms outwards to the fifth position.
Three Bring the wands to the sixth position. Repeat
Halt 3, 5, 6.

NINTH EXERCISE. *Second Grasp, Fifth Position.*

- One* Pass the right wand to the front and the left to the rear; keep the arms on a line with the shoulders.
Two Pass the left wand to the front and the right to the rear. Repeat.

Change. Second Variety.

- One* Pass both wands direct to the front.
Two Pass both wands direct to the rear. Repeat.

Change. Third Variety.

- One* Keep the arm on a line with the shoulders, and bend over direct to the right until the right wand comes close to the side and the left wand direct over the shoulder.

- Two* Raise the body ; continue the movement, and bend over direct to the left, and at the same time raise the right wand and lower the left close to the left side. Repeat 1, 3.
- Halt*

TENTH EXERCISE. *Second Grasp, Third Position.*

- One* Lunge direct to the front with the right foot; at the same time lower the wands outwards to the first position.
- Two* Recover, and raise the wands with a straight arm to the third position.
- Three* Lunge direct to the front with the left foot, and lower the wands to the first position.
- Four* Recover, and raise the wands to the third position. Repeat 1, 3.
- Halt*

Each pupil will lunge direct to his respective front.

EIGHTH GRADE.

(THIRD SERIES.)

LIGHT DUMB-BELLS.

FIRST EXERCISE. *Second Position.*

- One* Lunge direct to the front with the right foot ; and at the same time extend the arms outwards, right and left, as far as possible backwards, turning the backs of the hands down.
- Two* Recover, bring the right foot back to the left, and bring the arms forward to the second position.
- Three* Lunge direct to the front with the left foot, and at the same time extend the arms outwards, right and left, as far as possible backwards, and turn the backs of the hands down.
- Four* Recover ; bring the right foot back to the left, and bring the arms forward to the second position. Repeat 5, 2.
- Halt*

SECOND EXERCISE.

An alternatively backward side circle.

- One* Raise the right arm up in front to the third position.
- Two* Raise the left arm up in front to the third position, and as the left arm is raised, drop the right arm direct backwards down to the first position. Continue this movement by swinging the arms around at the sides—one arm always half a circle before the other ; keep the arms straight.

Change. Second Variety.

- One* Perform a backward side circle, same as the first variety, by swinging both arms around at the same time.
- Two* Continue the movement.

Change. Third Variety.

An alternatively forward side circle, just the opposite movement to the first variety.

- One* Raise the right arm direct to the rear, up to the third position.
- Two* Raise the left arm direct to the rear, up to the third position, and as the left arm is raised drop the right arm directly forward down to the first position; continue this movement by swinging the arms around at the sides, one arm always a half-circle before the other; keep the arms straight.

Change. Fourth Variety.

- One* Perform a forward side circle, the same as the third variety, by swinging both arms around at the same time.
- Two* Continue the movement.

Change. Fifth Variety, Second Position.

Raise the arms up to the second position, hands close together.

- One* Swing both bells upwards over the right shoulder, and backwards down past the right side, and up to the second position. During this movement the body should be turned to the right and the right arm straight, thus performing a diagonal backward circle on the right.
- Two* Swing both bells upwards over the left shoulder, backwards down past the left side, and up to the second position. During this movement the body should be turned to the left, left arm straight, thus performing a diagonal backward circle on the left. Repeat the above movement, in conjunction with each other, without halting at the second position.

Change. Sixth Variety.

The arms at the second position; perform a forward diagonal circle—the opposite movement to the Fifth Variety.

- One* Swing both arms downwards past the right side, and upwards over the right shoulder, forward to the second position.
- Two* Swing both arms downwards past the left side, and upwards over the left shoulder, and forward to the second position; continue these movements, in conjunction with each other, without halting at the second position.
- Halt*

THIRD EXERCISE. Third Position.

- One* Bend over to the right, keeping the arms and legs straight, and beat the ends of the bells on the floor outside the right foot.
- Two* Raise the body erect, arms up to the third position, shoulders square to the front.
- Three* Bend over to the left, keeping the arms and legs straight, and beat the ends of the bells on the floor outside the left foot.
- Four* Raise the body erect, arms up to the third position, shoulders square to the front. Repeat.

Change. Second Variety.

- One* Lunge direct to the front with the right foot, and at the same time raise the arms by the front to the third position; continue the movement of the arms backwards down to the first position, thus performing a complete backward side circle with the arms; incline the upper part of the body well back.
- Two* Recover. Bring the right foot back to the left.

Three Repeat by lunging to the front with the left foot.

Four Recover. Bring the left foot back to the right.

Halt Repeat.

FOURTH EXERCISE. *Ninth Position.*

Right Foot Forward The pupils will step to the front about twelve inches with the right foot ; raise the heels ; keep the weight of the body on the forepart of the feet during this exercise ; overlap the arms as far as possible across the chest.

One By a quick movement spring up and change the position of the feet ; bring the left foot to the front, the right foot in rear, and at the same time extend the arms outwards right and left ; turn the backs of the hands down.

Two By a quick movement spring up and change the position of the feet, bringing the right foot to the front and the left foot in rear ; at the same time overlap the arms across the chest.

Halt Repeat 5, 9.

FIFTH EXERCISE. *Fifth Position.*

Keep the arms on a line with the shoulders, rigid ; backs of the hands up.

One Perform a backward side circle about twelve inches in diameter, both arms at the same time.

Two Continue the movement.

Change. Second Variety.

One Perform a forward side circle in a similar manner, with the backs of the hands up.

Two Repeat.

Change. Third Variety.

Turn the backs of the hands down ; keep the arms on a line with the shoulders, and rigid.

One Perform a forward side circle as before.

Two Continue the movement.

Change. Fourth Variety.

- One* Perform a backward side circle as before.
Two Repeat.
Halt

SIXTH EXERCISE. *First Position.*

- One* Raise both hands to the seventh position.
Two Extend the arms outwards on a line with the shoulders to the fifth position, with the backs of the hands up.
Three Lower the arms to the first position. Repeat 7, 5, 1.

Change. Second Variety.

- One* Raise the bells to the seventh position.
Two Extend the arms to the fifth position.
Three Raise the arms to the third position.
Four Lower the arms outwards to the fifth position.
Five Bring the bells to the seventh position.
Six Lower the arms to the first position. Repeat 7,
Halt 5, 3, 5, 7, 1.

SEVENTH EXERCISE. *Fifth Position.*

- One* Place the bells on the shoulders at the sixth position.
Two Raise both arms to the third position.
Three Lower the arms outwards to the fifth position. Repeat 6, 3, 5.

Change. Second Variety.

- Keep the arms straight on a line with the shoulders.
One Bend over direct to the right until the right bell is close to the side and the left directly over the shoulders.

- Two* Raise the body ; continue the movement, and bend over direct to the left, and at the same time raise the right arm direct over the shoulders, and lower the left until the bell is close to the side. Repeat 1, 3.
- Halt*

EIGHTH EXERCISE.

- One* Step a full pace backwards with the left foot and bend the right knee ; keep the body erect, left leg straight ; and at the same time raise the right bell to the second position and the left to the fourth position.
- Two* Extend the left arm to the second position and draw the right arm back to the fourth position ; keep the weight of the body forward on the right leg.
- Three* Repeat by extending the arms alternatively—2, 4.

Change. Second Variety.

- One* Force both arms out to the second position.
- Two* Draw the arms back to the fourth position. Repeat 2, 4.
- Halt* The above movements are to be repeated with the right foot in rear.

NINTH EXERCISE. *Third Position.*

- One* Keep the arms straight, fingers to the front ; force the right arm directly backwards as far as possible ; at the same time allow the left arm to come directly forward about the same distance.
- Two* Force the left arm directly backwards as far as possible ; at the same time bring the right arm about the same distance to the front. Repeat.

Change. Second Variety.

- One* Force both arms backwards.
Two Force both arms forward about the same distance
Halt direct to the front. Repeat.

TENTH EXERCISE.

- One* Lunge direct to the right with the right foot,
and at the same time raise the arms outwards
to the third position; incline the arms and
body over to the left as far as possible.
Two Recover. Bring the right foot back to the left, and
lower the arms outwards to the first position.
Three Lunge direct to the left with the left foot, and
at the same time raise the arms outwards to
the third position; incline the arms and body
over to the right as far as possible.
Four Recover. Bring the left foot back to the right, and
lower the arms outwards to the first position.
Halt Repeat 3, 1.

EIGHTH GRADE.

(FOURTH SERIES.)

COMBINED DUMB-BELLS.

Prepare for these exercises as directed in the Third Series,
Sixth Grade.

FIRST EXERCISE.

- One* Raise both bells to the seventh position, elbows
on a line with the shoulders.
Two Extend the arms to the fifth position, with the
backs of the hands upwards.
Three Lower the arms to the first position.
Repeat 7, 5, 1.

Change. Second Variety.

- One* Raise the bells to the seventh position.
Two Extend the arms to the eighth position, with the backs of the hands upwards.
Three Raise the arms to the third position.
Four Lower the arms to the fifth position.
Five Bring the bells to the seventh position.
Six Lower the arms to the first position. Repeat 7,
Halt 5, 3, 5, 7, 1.

SECOND EXERCISE. *Fifth Position*

- One* Bend the arms and place the bells at the sixth position.
Two Raise the bells to the third position.
Three Lower the bells outwards to the fifth position. Repeat 6, 3, 5.

Change. Second Variety.

- Keep the arms straight on a line with the shoulders.
One Bend over direct to the right until the right bell is close to the side and the left direct over the shoulder.
Two Raise the body; continue the movement, and bend over direct to the left; at the same time raise the right arm directly over the shoulders, and lower the left till the bell is close to the side. Repeat 1, 3.
Halt

THIRD EXERCISE.

- One* Each pupil will step a full pace backwards with the left foot and bend the right knee; keep the weight of the body on the right leg, and at the same time raise the right bell to the

second position and the left bell to the fourth position, body erect.

- Two* Extend the left bell to the second position ; at the same time draw the right bell back to the fourth position. Repeat 2, 4 alternatively.

Change. Second Variety.

- One* From the fourth position force both bells out to the second position.

- Two* Draw the bells back to the fourth position. Repeat.

- Halt* Recover. Bring the left foot up to the right ; bells to the first position. Repeat 2, 4.

These exercises to be repeated with the right foot in the rear.

FOURTH EXERCISE. *Third Position.*

- One* Keep the arms straight, and force the right bell direct to the front and the left direct to the rear as far as possible.

- Two* Pass the left bell to the front and the right to the rear as far as possible. Repeat.

Change. Second Variety.

- One* Force both bells to the front.

- Two* Pass the bells direct to the rear. Repeat.

Halt

FIFTH EXERCISE.

- One* Each pupil will lunge direct to his respective right, and at the same time raise the arms outwards to the third position, and incline the arms and body towards each other.

- Two* Recover. Bring the right foot back to the left, and lower the arms outwards to the first position.

- Three* Each pupil will lunge direct to his respective left, and raise the arms outwards to the third position, and incline the arms and body towards each other.
- Four* Recover. Bring the left foot back to the right, and lower the arms outwards to the first position. Repeat 3, 1.
- Halt*

SIXTH EXERCISE.

The following exercises are performed with the pupils standing back to back. Prepare as directed for the Sixth Exercise, Third Series, Sixth Grade.

- One* Raise both bells to the seventh position, elbows on a line with the shoulders.
- Two* Extend the arms to the fifth position, with the palms of the hands on the end of the bells.
- Three* Lower the arms to the first position.
Repeat 7, 5, 1.

Change. Second Variety.

- One* Raise the bells to the seventh position.
- Two* Extend the arms to the fifth position, with the backs of the hands upwards.
- Three* Raise the arms to the third position.
- Four* Lower the arms to the fifth position.
- Five* Bring the bells to the seventh position.
- Six* Lower the bells to the first position.
- Halt* Repeat 7, 5, 3, 5, 7, 1.

SEVENTH EXERCISE. *Fifth Position.*

- One* Place the bells on the shoulders at the sixth position.
- Two* Raise the bells to the third position.

- Three* Lower the arms outwards to the fifth position.
Repeat 6, 3, 5.

Change. Second Variety.

- Keep the arms straight on a line with the shoulders.
- One* Bend over direct to the right until the right bell is close to the side and the left directly over the shoulders.
- Two* Raise the body; continue the movement, and bend over direct to the left, and at the same time raise the right bell directly over the shoulders, and lower the left until close to the side. Repeat 1, 3.
- Halt*

EIGHTH EXERCISE. *Fifth Position.*

Each pupil will grasp the bells so that the palms of the hands will be towards his own front; allow the handle of the bell to pass between the first and second fingers; keep the arms straight.

- One* Pass the right bell direct to the front and the left direct to the rear.
- Two* Pass the left bell to the front and the right to the rear, keeping the arms on a line with the shoulders. Repeat.

Change. Second Variety.

- One* Pass both bells to the front.
- Two* Force both bells to the rear. Repeat.
- Halt*

NINTH EXERCISE. *Third Position.*

- One* Keep the arms straight, and force the right bell direct to the front and the left bell direct to the rear as far as possible.

- Two* Pass the left bell to the front and the right to the rear as far as possible. Repeat.

Change. Second Variety.

- One* Force both bells to the front.
Two Pass both bells to the rear. Repeat.
Halt

TENTH EXERCISE.

- One* Each pupil will lunge direct to his or her respective right, and at the same time raise the arms outwards to the third position, and incline the arms and body towards each other.
- Two* Recover. Bring the right foot back to the left, and lower the arms outwards to the first position.
- Three* Each pupil will lunge direct to his or her respective left, and raise the arms outwards to the third position, and incline the arms and body towards each other.
- Four* Recover. Bring the left foot back to the right, and lower the arms outwards to the first position.
- Halt* Repeat 3, 1.

General Instructions.—The word of command—*Ready, Commence*—will be given when the exercises are performed; judging the time, or to music.

The word *Step to the Front* herein infers about a half lunge.

At all times care should be taken to give equal development to each side of both the limbs and body.

The development of the lungs should frequently be practised by taking a deep inhalation and retaining it while performing several movements. Care should be taken not to draw in the stomach and raise the chest, but to allow the whole body to expand as much as possible.

Great advantage may be derived from vocal exercises.

With Physical Drill quantity of singing, not quality, is the object.

The word *Recover* means to bring the foot back when on the lunge; or if the foot has been carried to the rear, to bring it up as in the preceding position—*i.e.*, the feet together.

The Direction of Circles.—To perform a forward side circle, when the arm is at the third position force it directly forward and allow it to make a complete circle, revolving on the axis of the shoulder.

To perform a backward side circle, force the arm directly backwards, and allow it to make a complete circle in the opposite direction to the forward circle.

To perform an outward front circle, force the arm directly outwards, and allow it to pass in front of the body up to the third position.

To perform an inward front circle, force the arm directly inwards down and close in front of the body, passing outwards up to the third position in the opposite direction to the outward circle.